



# LEARN THROUGH PLAY

## Sensory trail

Getting your child to walk barefoot and explore the different textures underfoot is not just fun, it will encourage them to explore objects and become aware of their senses. It's also fun making the trail from things around the house or garden.

### You'll need:

- Items such as a piece of carpet, pom poms, cotton wool balls, sponges, pebbles, sand, paint
- Some paper plates to put these on (especially if you're doing this activity indoors)

# LEARN THROUGH PLAY - Sensory trail

## Method:

- This can be done indoors or outdoors
- Place each item (or group of items) in a separate pile on the floor (i.e. all the cotton wool together, etc.)
- Put them on paper plates if you want to protect the floor underneath
- The piles need to be spaced apart no more than the length of your child's stride
- Make sure there's nothing too sharp that might cause an injury
- Once your trail is set, ask your child to walk along it and encourage them to describe how each item feels

## The benefits of this activity:

- It will engage your child's senses and immerse them in a multi-sensory journey



**CAUTION:**  
Close supervision  
is needed with  
small parts!

