

Sensory Board

Age: Explorer (8 - 18 months), Infants (0-8 months)

This activity helps your child's development in this domain: Social-Emotional, Physical, Language and Literacy

What You Need:



- Cardboard
- Craft glue
- Various safe textured items from around the house (e.g., bubble wrap, straws, disposable baking cups, crumpled paper, a square of textured fabric)

What To Do:

1. Clean and sanitize the items for your sensory board.
2. Arrange the items on the piece of cardboard, making sure that the various textures are spread across the board and glue items to the board. Let the glue set for 24 hours. Check to be sure each item is firmly attached to the board.
3. Introduce the board to your infant. Encourage him to explore the items using his senses.
4. Talk to your infant about the items, using new vocabulary to describe each item (e.g., fluffy, soft, rough, bumpy).



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