

## **SENSE-SATIONAL YOU!**

Most research indicates that at birth, a child's brain probably has all the neurons it will ever have. The growth and development of the brain is largely due to the connections that are created between neurons, which allow them to communicate with each other. The more connections are made and used, the stronger they become. In infants and young children, the primary way to build these connections and strengthen these pathways is through sensory experiences.

### **VISUAL**

1. Flashlights  
Infants-visual tracking: cover with colored plastic wrap, colored tissue paper or thin colored scarves  
  
Toddlers-sit or stamp on the beam, name the object the beam touches, use movement to expand vocabulary-high/low, up/down, around, etc.  
  
Preschoolers-shine on object and tell what sound or letter it starts with or vice versa; use individual flashlights to shine on one child at a time (Willaby Wallaby Woo)
2. Plastic bottles, CD mobiles (infants)
3. Color blending-play dough, colored water in sealed bags, colored plastic wrap
4. "Ocean in a Bottle" (all ages)
5. Bubbles  
Infants-visual tracking, tactile, cause and effect  
  
Toddlers and up – breath control, fine motor, vocabulary (float, shiny, round,) eye hand coordination. Bubble makers: string-and-straws, frying pan and coat hanger, plastic six pack holder.
6. "Fish in a bowl" trick (preschoolers)
7. Use blindfold-try to touch parts of face, body (preschoolers)
8. "What's Missing" (toddlers and up) or "Fix the Mix-up"
9. Masks (preschoolers)-divided plates and recycled materials

### **AUDITORY**

1. Sound containers-cups, toilet paper tubes, socks  
Infants-attending to sounds, cause and effect, gross/fine motor  
  
Toddlers and up-patterns, discrimination of sounds, predicting, localizing (use blindfold,) memory for sounds (repeat sound sequence)
2. Vibrations (preschoolers)-feel through the table, feel vocal cords, make kazoo, tissue box "guitar," grains of rice on paper over radio up loud, ruler on table
3. Water glass music
4. "Guess that sound" (show several objects, then go behind curtain)
5. Music-"I've Got to \_\_\_\_\_ My Sillies Out" (clap, stomp, etc.)

## **TOUCH**

1. Sensory table-Mardi Gras beads, sponges, feathers, bows, packing "peanuts"
2. "Feely Socks"-use adjectives to describe object inside, guess letter
3. Textured paint-mix in sand, aquarium gravel, spices
4. Ublek: equal amounts of cornstarch and water (food coloring optional)
5. Cool Whip/pudding painting
6. Put feet in old pillowcase and identify/pick up soft objects
7. Try to locate plastic animals or letters in sand
8. Infants: tie ball of yarn or sock above so they can bat at it; use texture quilt, describe textures as they touch (smooth, bumpy, scratchy)

## **SMELL/TASTE**

1. Smelly cups-identify, match
2. Trick your senses-apple/potato, Kool-Aid
3. Orange peel "beads" on string or yarn
4. Cereal necklace on string licorice-sequence using numbers, types of cereal

## **MULTISENSORY**

1. Stained glass cookies (toddlers and up)
2. Edible color blending: "Finger gelatin," juices (toddlers and up,) painted French toast
3. Peanut butter play dough or mashed potato
4. Home-made Books
  - \* Feely books
  - \* Birthday book
  - \* Learning/activity book

## RECIPES

### **Mashed Potato Fudge (www.whatscookingamerica.net)**

1/2 cup unseasoned, well-mashed cooked potatoes {about 1 medium potato}  
3 cups powdered (confectioners) sugar  
1 cup flaked or shredded coconut  
1 teaspoon pure vanilla extract  
2 ounces semisweet chocolate

While the potato is hot, beat in the sugar and coconut; then the vanilla. Press into a lightly greased 8-inch square pan. Melt chocolate and pour over top. Chill and cut into squares, keeps indefinitely in an airtight container in the refrigerator. Makes 64 one inch pieces.

### **Peanut Butter Play Doh (www.cooks.com)**

1 c. non-fat dry milk  
1/2 c. peanut butter  
1/4 c. honey

### **No-Eggs Cookie Dough**

1c. butter or margarine	1/2 c. honey
1/2 t. ginger	1t. baking soda
1c. firmly packed brown sugar	3 1/2c. flour
1T. cinnamon	1/2 t. vanilla

Cream butter with brown sugar, then gradually add honey and vanilla. Mix dry ingredients together, and then blend into butter mixture. Chill for easier handling, then roll out and cut. Bake 350' for 8-10 min.

### **Painted French Toast (from Mr. Food)**

6 eggs	4 new small nontoxic paintbrushes
1 cup milk	8 slices white bread
Assorted liquid food colors	4 tablespoons (1/2 stick) butter

In a medium bowl, whisk together the eggs and milk. Pour 1/4 cup egg mixture into each of 4 small bowls, reserving the remaining mixture in a shallow dish. Add the desired amount of different food color to each bowl.

Paint a message and/or design on each bread slice with the desired colored egg mixture. Dip the painted bread into the reserved egg mixture.

Melt 2 tablespoons butter in a large skillet over medium-high heat. Add the bread, in batches, and cook for 1-1/2 minutes per side, or until golden, adding more butter as needed.

### **FINGER JELLO Printed from COOKS.COM**

3 boxes (pint size) Jello  
4 pkg. Knox gelatin  
4 c. boiling water

Let set until firm, cut in pieces and eat with fingers.

## **BIBLIOGRAPHY FOR "SENSE-SATIONAL YOU"**

### **Read-aloud Books**

All About Our Bodies (Froebel-Kan Co., Ltd.)

Think About Hearing (Henry Pluckrose) (part of series from Franklin Watts-all senses)

You Can't Smell a Flower with Your Ear! (Joanna Cole)

### **Websites**

[www.atozkidsstuff.com](http://www.atozkidsstuff.com)

[www.education.com](http://www.education.com)

Neuroscience for Kids:(optical illusions and other cool stuff)  
<http://faculty.washington.edu/chudler/neurok.html>

[www.pbs.org](http://www.pbs.org)

[www.perpetualpreschool.com](http://www.perpetualpreschool.com)

[www.preschoolrainbow.org](http://www.preschoolrainbow.org)

[www.preschoolresource.tripod.com](http://www.preschoolresource.tripod.com)

[www.2.scholastic.com](http://www.2.scholastic.com)

[www.twigglemagazine.com](http://www.twigglemagazine.com)

[www.zerotothree.org](http://www.zerotothree.org)

[www.zrecs.com](http://www.zrecs.com)

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