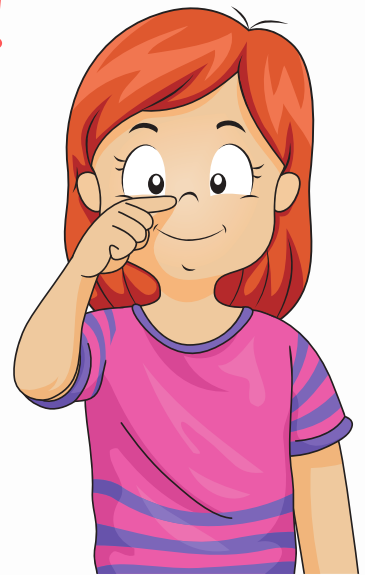


TOTS ON TARGET'S 7 Senses in 7 Days!

Sensory Based Activities for
Newborns to Big Kids!



Come learn more
about sensory
development at
www.totsontarget.com



Hi there!

Are you ready to excite 7 senses in 7 days?

Our senses serve as the foundation of development, allowing our brains to learn about the world around us.

They even have a profound effect on future classroom success!

The best way to help your children refine their senses is by exposure, and ALWAYS through the context of play.

Get ready to have lots of fun!



Allison & Maryann



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happening on totsontarget.com**

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SINGING SUNDAY

AUDITORY SENSE

**THIS SENSE HELPS US HEAR AND
INTERPRET SOUNDS IN OUR ENVIRONMENT**

Activities to Develop this Sense

BABY

- Make music with different household items (pots, wooden spoons, plastic cups)
- Sing songs at different volumes (whispering, singing loudly, etc)

LITTLE KID

- Freeze dance
- Sing songs with motions like "Head, shoulders, knees, and toes"

BIG KID

- Telephone game
- Simon says
- Musical chairs



MOVEMENT MONDAY

VESTIBULAR SENSE

**THIS SENSE HELPS US BALANCE AND PROVIDES
SPATIAL AWARENESS**

Activities to Develop this Sense

BABY

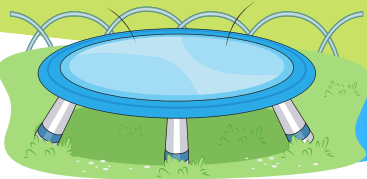
- Hold/Rock baby in different positions (over the shoulder, cradle, etc.)
- Bounce baby on your lap

LITTLE KID

- Roll across the floor or grass
- Play on swings
- Jump across couch cushions laid out on the floor

BIG KID

- Jump rope
- Practice somersaults or cartwheels
- Choose yoga poses with the head facing down (ex. downward dog, rag doll, triangle)



TAUSTING TUESDAY

GUSTATORY SENSE

THIS SENSE HELPS US TASTE AND DISCERN FLAVOR

Activities to Develop this Sense

BABY

- Follow your pediatrician's guidelines to determine when solid foods are appropriate to begin

LITTLE KID

- Introduce varying textures at each meal (ex. bananas, crackers, yogurt, broccoli)
- Present one new food to try, or at least sit on the plate, next to more comfortable choices

BIG KID

- Incorporate all the flavor pallets in your childs meals throughout the day (sweet, salty, sour, bitter, savory)



THIS SENSE HELPS US INTERPRET SIZE, SHAPE, COLOR, DEPTH PERCEPTION, AND IDENTITY

Activities to Develop this Sense

BABY

- Newborns: offer black and white/high contrast toys
- 3 months + : Allow baby to face forwards in a stroller while taking a walk outside or in a mall
- 6 months + : Sit up in a shopping cart for a colorful visual experience
- Roll a ball back and forth to help develop depth perception and visual attention to a moving target

LITTLE KID

- Play with shapes sorter and different types of puzzles
- Play I-spy games and copy patterns of lego towers or block structures

BIG KID

- Play memory games and word searches
- Play ring toss or catch



TEXTURE THURSDAY

TACTILE SENSE

THIS SENSE HELPS US INTERPRET SIZE, SHAPE, TEXTURE AND IDENTITY WITHOUT THE USE OF VISION

Activities to Develop this Sense

BABY

- Lie baby on varying textured surfaces (ex. carpet, grass, hardwood floors, etc.)
- Keep feet barefoot to activate the touch receptors
- Read books with textured pages
- Gentle massage after bath time

LITTLE KID

MESSY PLAY!

- Shaving cream, Play-Doh, Cooked Spaghetti, Sand, Raw rice and beans

BIG KID

- Draw letters on your child's back and let them to guess which one it is
- Tickle your child's arm (palm up) from wrist to elbow and stop when he/she thinks you have reached the crest - no peeking!

FITNESS FRIDAY

PROPRIOCEPTIVE SENSE

THIS SENSE HELPS US FEEL WHERE OUR BODIES ARE IN SPACE AND PROMOTES "BODY AWARENESS"

Activities to Develop this Sense

BABY

- Swaddle newborns
- Tummy Time for newborns +
- Crawling through a toy tunnel
- Gentle massage after the bath

LITTLE KID

- Animal walking
- Pulling a wagon full of toys
- Pushing a heavy toy shopping cart
- Chewing crunchy foods (carrots, pretzel rods, etc.)

BIG KID

- Pushups
- Weight bearing yoga poses (table, bridge, plank)
- Swinging on monkey bars
- Wheelbarrow walking
- Pushing a friend on a swing



SCENTED SATURDAY

OLFACTORY SENSE

THIS SENSE HELPS US IDENTIFY ITEMS
BASED ON SMELL

Activities to Develop this Sense

BABY

- Let your baby smell the foods you eat

LITTLE KID

- Smell flowers outside
- Make your own play dough with essential oils or spices mixed in (ex. cinnamon)
- Smell foods at the grocery store

BIG KID

- Play "guess what spice I am" game by placing different spices in cups or bags
- Participate in meal preparation

