

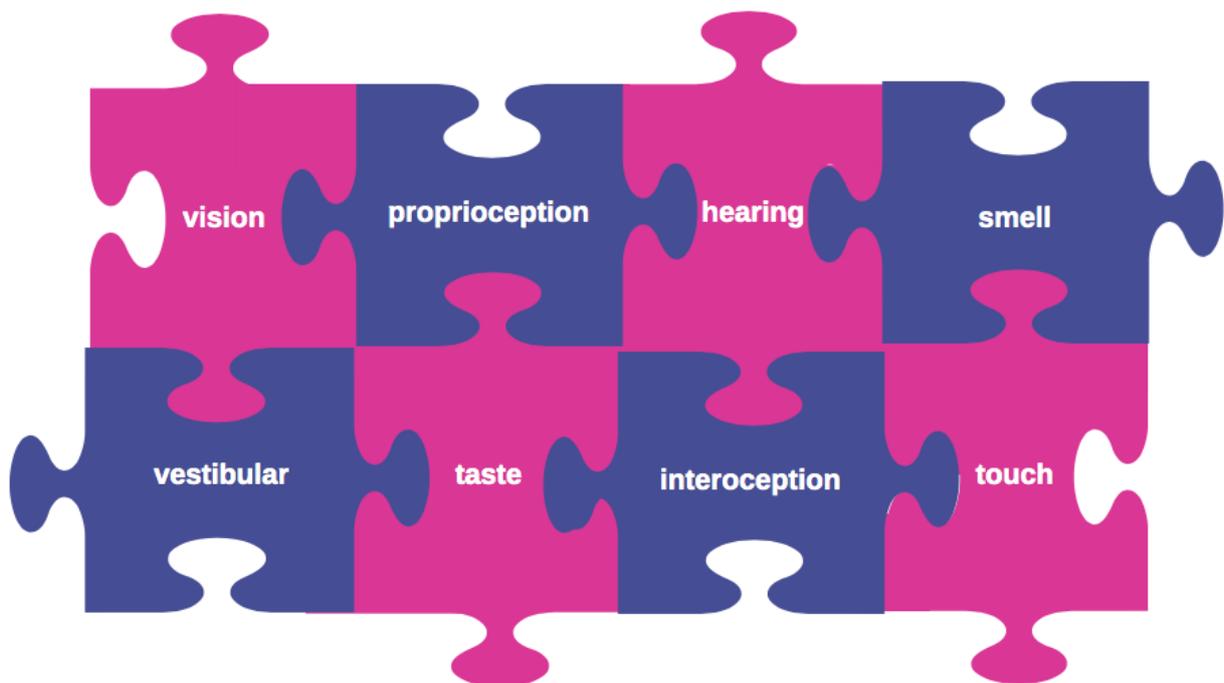
introduction to our senses

We constantly receive and process information we receive from our senses which helps us understand our world.

When our little ones are born the areas in their brain that process sensory information are not yet 'connected', interacting in the world in a sensory rich way helps to make new connections between areas and repetition makes these connections stronger. Play is such an amazing way to assist with these new connections.

We have 8 senses that are continually giving us information.

Our Sensory World



introduction to our senses



Vision - information from our eyes is received by the brain and is processed to give us a visual picture. Least developed sense at birth and we need to learn visual skills including motor control of our eyes, visual discrimination *hand to eye co-ordination,



Proprioception - our body position sense, information from our muscles and joints tell our brain where our body is in space. Really important for movement and our co-ordination



Hearing - fully developed at birth but we can help with discrimination of different noises and identifying direction of sound.



Smell - our smell receptors in our nose send information to our brain through the area in our brain responsible for emotional memories before sending it for processing. This is why a smell can trigger a strong memory.

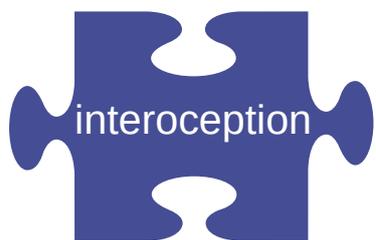
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Vestibular - is our balance system situated in our inner ear which works alongside our other systems to ensure we move smoothly and efficiently



Taste - our mouths send information to our brains regarding what we're eating or drinking. This information includes temperature, texture and taste.



Interoception - our internal organs giving us information on our needs e.g. hunger, thirst, toileting, digestion



Touch - information received from the skin on temperature, pain, touch & pressure. As babies are touched their brains begin to form an internal map of their body. This awareness is essential for motor and perceptual skills later on.

why sensory play is important

Sensory play enhances learning through hands-on activities that stimulate the child's senses. This is a great way for children to explore the world they live in! During our classes we ensure that we have a balance of activities to stimulate senses, repetition to make those brain connections stronger and that we pace and are baby led in our approach. Sensory play is evidenced to support language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction

Touch, vestibular and proprioception are known as our foundation senses that give us our basis for learning. For that reason we ensure that there is lots of activities that focus these senses. During classes there are lots of textures to feel and discover, there are lots of positions to play in and we encourage parents to move around the different areas during our exploratory play time in our class and we assist proprioception and that body mapping process through our activities like rub, rub, rub.

We encourage you to carry on playing in a sensory rich way at home, do ensure that all play is baby led and you pace activities as building all these new brain connections is exhausting work!

