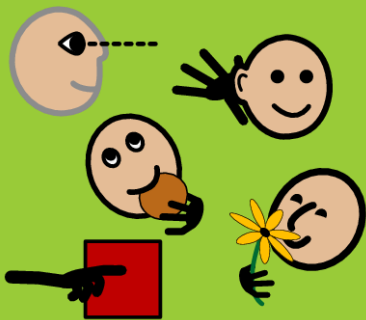


Our 5 Senses:

- Sight
- Hearing
- Touch
- Smell
- Taste

As humans we learn much about the world round us through our senses.

As St. Thomas Aquinas said "The senses are a kind of reason. Taste, touch and smell, hearing and seeing, are not merely a means to sensation, enjoyable or otherwise, but they are also a means to knowledge - and are, indeed, your only actual means to knowledge."



Be the best you can be!

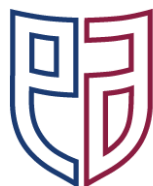


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East Ayrshire Council
Comhairle Siorrachd Àir an Ear

Sensory Fun with Food



Sensory Play is important for a variety of reasons:

- It helps build nerve connections in the brain's pathways, which lead to the child's ability to complete more complex learning tasks;
- It helps support language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction;
- It helps improve a child's memory;
- It is good for calming an anxious or frustrated child;
- It helps children learn sensory attributes, such as *hot, cold, sticky* and *wet*.

Ideas of Foods that can be used:

- Dried or Cooked Rice;
- Dried or Cooked Pasta;
- Bread Dough;
- Cornflour gloop;
- Biscuit dough;
- Jelly;
- Berries frozen in ice cubes;
- Bread;
- Flour;
- Breakfast Cereal;
- Marshmallows;
- Salt Play Dough.

Using food for Sensory Play Activities with Children, especially children with Additional Support Needs, has lots of advantages.

Food to play with, instead of to eat, is a good way to introduce new textures and smells without any pressure, allowing the child to explore at their own pace, and in their own way.

For children that have an oral fixation and are constantly putting things in their mouths, using food is a safe alternative, as long as any allergies and intolerances are considered.

