

Fall Sensory Fun

Sensory play is a wonderful opportunity for children to explore textures, sights and scents of the fall season. Multisensory experiences help children retain information better, build new skills, and develop a lifelong love of learning. Below are three activities that you can try with your child this month.



1. Explore the Inside of a Pumpkin

Cut off the top of a pumpkin and give it to your child. Encourage him to reach inside, get a little messy, and feel the slimy texture. Encourage fine motor and math skills by asking him to pick out and count the seeds.

2. Create a Fall-Themed Sensory Bin

Take a nature walk with your child and collect leaves, pinecones, sticks and acorns. Encourage him to name and count each item. When you get home, fill a bin with rice or small pasta. Add in items found in nature, such as leaves, pinecones, sticks, and acorns. Give your child cups and spoons and encourage him to explore by scooping, digging, pouring and sorting.

3. Give a Pumpkin a Bath

Fill a sink or large bin with water, bubble bath solution, and a few small pumpkins. Provide your child with a sponge or brush and ask him to help you give the pumpkins a bath. He'll love dunking the pumpkins in the water and scrubbing them clean.