

Sensory Table

The Sensory Table offers a variety of materials for children to explore. It allows for children to become scientists as well as learn about both math and art. It is an area where we can bring in natural materials. The opportunity to play with sand and water (as well as other materials) on a regular basis helps children to develop their minds and bodies in relaxing and enjoyable ways.

Here at school, when the children are playing in the Sensory Table, they are:

- *exploring different materials
- *using their imaginations
- *being creative & artistic
- *learning to work cooperatively and solve problems
- *becoming scientists by exploring what objects can do in different materials (ex. sink or float in water)
- *learning about patterns as well as measuring

What you can do at Home:

- *set up an area where your child can explore with water and other materials (kitchen sink, bathroom, small dishpan)
- *offer materials to use with water (boats, measuring cups, plastic animals, funnels, cups, spoons etc.)
- *offer other materials to explore with: sand, flour, beans, pasta etc.
- *ask open ended questions