



January 27, 2025

# LITTLE LEARNERS

NEWS FROM GILLISPIE PTEP!

## EXPLORING THE WORLD THROUGH SENSORY PLAY!

Do you know of a toddler who must touch everything? Have you seen a small child lick something that is usually considered not “lickable”? Young children experience the world through their senses. In fact, one- and two-year-olds often have heightened senses, meaning they may perceive sounds, sights, smells, tastes, and textures as more intense as compared to adults.

Opportunities for sensory input and sensory play encourage learning through exploration, bolstering creativity and curiosity. For toddlers, sensory play is essential in their growth and development:

- **Large motor skills:** Brain development: Sensory play helps build nerve connections in the brain, which can strengthen neural pathways and support critical thinking later in life.
- **Language development:** Sensory play can help children learn new words and understand different feelings and situations.
- **Motor skills:** Sensory play can help develop fine motor skills, which are useful for activities like holding a pen or using scissors.
- **Problem-solving:** Sensory play can help children learn to maneuver challenges and solve problems.
- **Emotional regulation:** Sensory play can help children calm down and manage big feelings.
- **Memory and retention:** Sensory play can help children learn and remember more easily when they use multiple senses at once.
- **Creativity:** Sensory play can encourage creative and independent thinking.
- **Social skills:** Sensory play can help children develop social skills and communication.
- **Focus:** Sensory play can help children develop the ability to focus and block out distractions.

**So the next time your young child reaches out to touch something, consider it a healthy part of growth and development!**



## RECOMMENDED READS

- [The Power of Sensory Play in Child Development](#)
- [Why Ages 2-7 Matter So Much for Brain Development](#)
- [What Is It Like to Be 2 Years Old?](#)

## IDEAS FOR PARENTS OF TODDLERS

### Sensory Play at Home

Try these easy ways to encourage sensory play at home:

#### In a Sensory Bin

Find a plastic bin of any size and designate this the sensory bin. For indoor play, put a towel underneath the bin for quick cleanup. Here are some ideas to put in the bin:

- Toy washing station
- Sand & shaving cream
- Wet pompoms
- Shredded paper

#### In the Bathtub

The bathtub is a great place for sensory play, and makes cleanup easy! Here are some bathtub sensory play ideas:

- Color mixing - add food coloring drops to small containers of water and mix in the tub
- Extra bubbles - put soap and water in a blender (or use a hand mixer) for extra foamy bubbles
- Finger paint with shaving cream

#### In the Backyard

Outside is a great place for sensory play. Here are some ideas:

- Mud - kitchen, body art
- Water pouring - provide various-sized containers for water to be poured into and out of



## ACCEPTING APPLICATIONS!

Are you ready to take the next step for your child's future? Gillispie is currently accepting applications for the 2025-2026 school year.

**Do not delay!** Submit your application at [gillispie.org/admissions/apply](https://gillispie.org/admissions/apply) February 1, 2025, for priority consideration.

**QUESTIONS?** We're here to help! Reach out to our Admissions team at [admissions@gillispie.org](mailto:admissions@gillispie.org).

