

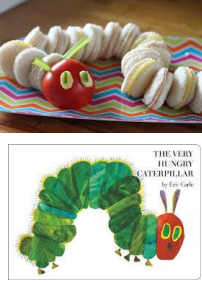




Sensory Activities – Taste

What are sensory activities?

By providing a range of activities across all of the 8 sensory systems you will be supporting a child's development. Try and make them as part of your everyday routines by incorporating them into play.

The following activities focus predominantly on the use of the gustatory (taste) system.

			
<p>Play guess the flavour yogurt</p>	<p>Make frozen yogurt lollies</p>	<p>Fruit kebabs</p>	<p>Make a fruit salad</p>
			
<p>Make fruit smoothies</p>	<p>Make a food sensory tray</p>	<p>Make fun food -The very hungry caterpillar</p>	<p>Role play – fruit stall</p>
			
<p>Make fun face sandwiches</p>	<p>Flavoured ice lollies</p>	<p>Yogurt finger painting</p>	<p>Guess the jelly bean flavour</p>

			
<p>Picnic in the garden</p>	<p>Decorate a gingerbread house</p>	<p>Decorate a pizza</p>	<p>Growing fruit and vegetables together</p>

Guidelines for using Sensory activities

- Sensory activities should be supervised by an adult
- Watch how the child reacts to the sensory input. If they appear upset, anxious or uncomfortable, stop the activity. Before you try the activity again, ask yourself if you can change it in a way that you think the child may like it better. If they continue to appear upset, anxious or uncomfortable, do not keep trying the same activity.
- If it is safe and possible to do so, allow the child to be in control of how much and how long they play with each sensory activity. Offering a variety of different sensory activities throughout each day is most helpful to support development.
- Talk to the child about the activity that you are introducing. If appropriate, use pictures of the activity to support their understanding of what is happening.
- Please follow any instructions that accompany any activities or equipment you buy.