

THE 7 SENSES

Through sensory play, children discover their world and how to be successful in it. They develop behaviors based on what they touch, see, hear, taste, smell, and how they move and position their body in space. Sensory-rich playgrounds allow children to integrate and develop their senses, and the more they play, the more they develop skills necessary to engage, change and impact the world around them.



TACTILE



PROPRIOCEPTIVE



VESTIBULAR



VISUAL



AUDITORY



MOTOR PLANNING



SOCIAL/
IMAGINATIVE

How can play engage the senses?

SLIDING

Sliding provides kids with a rich sensory experience that stimulates their visual, vestibular, **TACTILE** and **PROPRIOCEPTIVE** systems. This sensory in-put helps children develop a better sense of balance and **MOTOR**

PLANNING to accurately move throughout space.



SWINGING

Swinging back and forth is more than it seems. This simple motion fuels the nervous system with **VISUAL**, **VESTIBULAR** and **PROPRIOCEPTIVE** information. Children learn how their body moves through space, the speed of movements they like, and the **MOTOR PLANNING** necessary to resist or increase active movement.



SOCIAL

When children play together, they develop in ways that they couldn't alone. **SOCIAL/IMAGINATIVE** play lets children mix previous sensory knowledge with new experiences to expand their understanding of the world. Through playful interaction, children turn make-believe ideas into real ones.



SPINNING



Spinning is one of the core movements that engage the **VESTIBULAR** system. When a child spins they receive valuable equilibrium information, which connects with inputs from their muscles and joints to help them maintain their body posture and balance.

CLIMBING

All children desire to climb, which stimulates the **TACTILE**, **PROPRIOCEPTION**, **VESTIBULAR** and **VISUAL** senses. Each system learns about textures and muscle activation needed to pull against gravity, and integrates with what the child sees while climbing. This allows kids to effectively relate to objects and navigate in the world.



TACTILE

Children touch everything because touch is the most dependable sensory system, and it's the first to develop. Play experiences that provide children a variety of **TACTILE** inputs are necessary to help the nervous system organize all the sensory information around them.

