

# Sensory Baby Home Activities

Sensory Area	0-6 months	7-12 months
Touch (Tactile)	-Safe textured object play -Massage -Bath time water play -Lying on soft, textured blanket or surface -Wrap in towel or blanket while holding	-Potato flake play -Crawling and moving on different textures- blankets, cushions, grass, etcTouching foods of appropriate textures
Hearing (Auditory)	-Dancing with your baby -Talking to your baby -Explore sounds in your home -Music box, sound rattles	-Cardboard tube conversations -Sound bottles- (water bottle filled with small objects and glued shut) -Musical Instruments -Bang wooden spoon on pan
Vision (Visual)	-Mirror play -Face to face games -Black and white cards -Ughting objects with a flashlight -Walks outside	-Sensory bags (double bagged freezer zip lock bag filled with hair gel, a few small items, and duct taped closed) -Color bottles -Face to face games -Flashlight play -Rolling balls/toys -Walks outside
Smell and Taste (Olfactory/Gustatory)	-Lotions -Baby Wash -In kitchen while cooking	-Lations -In kitchen while cooking -Scent jars -Scents in environment- flowers, scratch lemon peel
Movement (Vestibular)	-Large beach ball/ball- bouncing, rocking -Blanket games -Rocking/swinging in different positions	-Beach ball rolling, bouncing -Lap games with bouncing, leaning back with support -Rocking/swinging in different positions -Carrying in different positions
Body Sense (Proprioception)	-Baby stretches -Massage during bath with washcloth, -Massage with lotion -Swaddling in early months	-Tug box (scarves, textured cloths pulled through hole in box) -Pillow/cushion play Massage during bath with washcloth, -Massage with lotion

This information is not intended to be, nor is it, medical advice on the management or care of children's developmental health.

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# **Infant Sensory Lesson Plan**

**JR Anderson** 

**Infant Sensory Lesson Plan:** 

Whispering the Secrets of Language: An Emotional Quest through Infant Sensory Lesson Plan

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