FEET

SENSORY PLAY

Sensory play is traditionally addressed to the hands.

Let’s not forget the Feet



Massage: Use massage to the feet for comfort, body awareness, and sensory integration. Use lotion massage, towel massage, or skin to skin contact for multisensory experience.

Sensory Bin: Use a plastic bin filled with a variety of textures for a multisensory experience. Examples include rice, corn, beans, sand, or cotton balls. Have the child move their feet through the substance for sensory experience. Place small objects hidden in bin. Have child try to find and pickup with their toes.

Stomping Activity: Have child stomp bubble wrap or bubbles that land on the ground, and walk through cotton balls on the floor. Use barefeet as much as possible for additional sensory experience.

Barefoot Activity: Walking and running in grass barefoot, water play both cold and warm, walking on various textures including carpet, tile, or items like bubble wrap.

Song Play: Play “Pat-a-Cake” with their feet, place jingle bells on their ankles or toes and sing “Jingle Bells”, Sing “Itsy, Bitsy Spider” with their toes, or “This Little Piggy”. Do these activities on their back so they can see and feel their feet.