The Child Unplugged

BABY

FUN & PLAY

Activity Book



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Introduction

They are designed to support babies' early development through simple, playful activities that encourage exploration and discovery. Each activity is gentle, age-appropriate, and focused on sensory experiences that help babies learn about the world around them.
These activities are not limited to the booklet—they are ideas that can be done in everyday life using simple, safe materials at home. They encourage babies to learn through real experiences, movement, and interaction with their environment.





Why Baby Activity Is So Valuable

- Support sensory development (touch, sight, sound)
- Build early motor skills and coordination
- Encourage curiosity and exploration
- Strengthen bonding between baby and caregiver
- Promote early brain development and learning

Every touch, grasp, and movement is part of your baby's learning and development.



How to Support Play at Home

Create a safe, calm space and follow your baby's cues while encouraging gentle exploration.

Basic setup:

- Soft, safe play area (mat or blanket)
- Simple, baby-safe materials and toys
- Comfortable, clutter-free space

Simple steps:

- Offer one or two items at a time
- Let the baby explore at their own pace
- Talk, smile, and interact during play

Helpful tips:

- Always supervise closely
- Rotate toys to keep interest
- Keep activities simple and age-appropriate







Ideas

These activities are simple ideas that can be enjoyed anytime, anywhere using everyday materials at home.

VISUAL TRACKING & FOCUS

WHATS NEEDED:

- Small toy or object (high-contrast or brightly coloured)
- Simple mobile or hanging objects
- Quiet, comfortable space
- Soft mat or safe place for baby to lie down

WHAT TO DO:

- Hold a toy about 20–30 cm from your baby's face.
- Slowly move it side to side and allow your baby to follow it with their eyes.
- Pause occasionally to let them focus.
- Place your baby under a simple mobile and let them watch the gentle movement.
- Talk softly and encourage attention.

BENEFITS:

- Supports visual tracking and eye coordination
- Improves focus and attention span
- Strengthens early brain and visual development
- Encourages calm engagement
- Supports early concentration skills
- Builds awareness of movement



HOW TO ADAPT:

- Start with slow, small movements
- Use high-contrast objects for younger babies
- Keep sessions short and calm
- Follow your baby's cues and stop if they look away
- Gradually increase movement range as focus improves

COMMUNICATION & SOCIAL PLAY

WHATS NEEDED:

- Your face (the best “toy” for baby!)
- Soft mat or comfortable space
- Optional: baby-safe mirror
- Calm, distraction-free environment

WHAT TO DO:

- Make simple facial expressions for your baby to watch and copy (smile, open mouth, stick out tongue).
- Play naming games like “Where is your nose?” while gently pointing.
- Make simple sounds (cooing or babbling) and pause for your baby to respond.
- Encourage back-and-forth interaction through eye contact, sounds, and smiles.

BENEFITS:

- Supports early communication skills
- Builds social awareness and connection
- Encourages imitation and early speech development
- Strengthens bonding with the caregiver
- Develops listening and turn-taking skills
- Builds attention and focus on faces and voices



HOW TO ADAPT:

- Keep expressions slow and simple
- Repeat activities often for familiarity
- Use a mirror to help babies see themselves
- Follow your baby’s interests and reactions
- Keep interactions short, playful, and warm
- Pause often to allow baby “response time” (even if it’s just a smile!)

FINE MOTOR & GRASPING

WHATS NEEDED:

- Safe, easy-to-hold objects (soft toys, rings, blocks)
- Socks or mittens
- Ribbon pieces or fabric strips in a box (secure and supervised)
- Soft mat or safe play space

WHAT TO DO:

- Offer your baby small, safe objects to pick up and hold.
- Encourage them to grasp and drop items naturally.
- Let them pull off socks or mittens during play.
- Provide a box with ribbons for them to pull out and explore.
- Stay close and interact with gentle encouragement.

BENEFITS:

- Develops fine motor skills and hand strength
- Encourages grasp-and-release coordination
- Supports hand-eye coordination
- Promotes sensory exploration through touch
- Builds early independence and control of movement
- Strengthens curiosity and exploration



HOW TO ADAPT:

- Start with larger, easy-to-grip objects
- Offer one item at a time to avoid overwhelm
- Use soft, safe materials for pulling activities
- Always supervise closely, especially with ribbons
- Gradually introduce smaller or more varied objects as skills develop

OUTDOOR / REAL-WORLD SENSORY

WHATS NEEDED:

- Safe outdoor space (garden, park, balcony, or yard)
- Soft blanket (optional for sitting or lying)
- Comfortable clothing for baby
- Supervision at all times

WHAT TO DO:

- Place your baby on grass or a soft outdoor surface.
- Let them touch, feel, and explore the grass with their hands or feet.
- Point out moving leaves, trees, or shadows.
- Go on a “listening walk” and pause to notice sounds like birds, wind, or people.
- Talk gently about what they are experiencing.

BENEFITS:

- Supports sensory development (touch, sight, sound)
- Builds early curiosity about nature
- Encourages calmness and relaxation
- Strengthens attention and observation skills
- Promotes brain development through real-world experiences
- Encourages bonding with the caregiver during exploration



HOW TO ADAPT:

- Start with short outdoor sessions
- Choose safe, shaded, and quiet areas
- Hold the baby if needed for comfort and safety
- Follow the baby’s reactions and interests
- Introduce one sensory experience at a time (touch first, then sound, etc.)
- Repeat regularly to build familiarity and comfort with nature

CAUSE-AND-EFFECT PLAY

WHATS NEEDED:

- Kick-and-play setup (soft hanging toys near feet or a play gym)
- Press-and-sound toys or safe homemade noisy objects
- Lightweight objects for dropping (soft toys, spoons, blocks)
- Soft mat or safe play space

WHAT TO DO:

- Place your baby on their back with toys near their feet for kicking.
- Encourage them to kick and notice movement or sound.
- Offer toys that make a sound when pressed or squeezed.
- Play the “drop game” by handing them an object and picking it up when they drop it.
- Talk and react to what they do to keep it engaging.

BENEFITS:

- Builds understanding of cause and effect
- Encourages movement and coordination
- Develops early problem-solving skills
- Supports sensory exploration (sound and movement)
- Strengthens hand and leg muscles
- Promotes interaction and engagement



HOW TO ADAPT:

- Start with simple, easy-to-move or press objects
- Use lightweight and safe materials
- Keep activities short and fun
- Repeat often—babies love repetition
- Follow your baby’s cues and interests (they’ll happily drop things all day)

BODY AWARENESS & MOVEMENT

WHATS NEEDED:

- Soft mat or blanket
- Comfortable, warm space
- Baby-safe oil or lotion (optional)
- A few simple toys for reaching

WHAT TO DO:

- Gently massage your baby's arms, legs, and tummy using soft, slow strokes.
- Move your baby's legs in a gentle "bicycle" motion.
- Support your baby in a sitting position and offer a toy to explore.
- Talk, smile, and maintain eye contact during the activity.

BENEFITS:

- Builds early body awareness
- Supports muscle development and coordination
- Helps digestion and reduces discomfort (bicycle legs)
- Encourages sensory development through touch
- Strengthens bonding and emotional connection
- Supports balance and early sitting skills



HOW TO ADAPT:

- Follow your baby's cues—stop if they seem uncomfortable
- Keep movements slow, gentle, and short
- Start with one activity at a time
- Use familiar songs or soothing voices to comfort
- Adjust support as your baby grows stronger and more stable

SENSORY TOUCH & FEEL PLAY

WHATS NEEDED:

Create a simple sensory play setup using safe, everyday household items with different textures.
Place a few items on a tray, mat, or shallow box and allow your baby to explore freely.
You can include materials such as: Bubble wrap, Tin foil, Egg cartons, Soft fabric (e.g. cloth, scarf, towel) Sponges, Silicone kitchen tools, crinkly paper or packaging

WHAT TO DO:

- Sit with your baby and allow them to touch, squeeze, pat, scrunch, or mouth (if safe) the materials at their own pace. You can gently model actions like tapping or squeezing, but avoid directing—let them lead the exploration.
- Use simple language alongside play, such as:
- "Soft," "crinkly," "bumpy," "cold," "smooth."
- Keep the setup simple (3–5 items is plenty) and rotate materials to maintain interest.

BENEFITS:

- Brain Development - Different textures stimulate neural connections and help the brain make sense of the world.
- Sensory Processing - Babies learn how to respond to different sensations like rough, smooth, soft, and hard.
- Fine Motor Skills - Grasping, squeezing, and exploring materials strengthens hand muscles and coordination.
- Focus & Attention - Simple sensory play encourages longer engagement and curiosity.



HOW TO ADAPT:

- **For Younger Babies (0–6 months)** Focus on high-contrast and simple textures, Hold materials for them to touch, Use slow, gentle movements, Prioritise safe mouthing items
- **For Older Babies (6–12 months)** Place items within reach for independent exploration. Add containers for putting in/out. Introduce more varied textures and resistance
- **For Sensory-Sensitive Babies** Start with softer, more familiar materials. Introduce new textures gradually. Follow your baby's cues—no pressure to touch
- **For Sensory-Seeking Babies** Include more varied and stronger textures (crinkly, bumpy, firm) Add actions like scrunching, banging, or pulling

TUMMY TIME

WHATS NEEDED:

- Soft, clean play mat or blanket
- Tummy time pillow or rolled towel for support
- Baby-safe mirror or high-contrast toys
- Rattles, textured toys, or books
- A safe, flat surface
- Supervision and encouragement from an adult

WHAT TO DO:

- **Set Up** – Place the baby on a soft mat or blanket on the floor.
- **Support if Needed** – Use a small rolled towel or tummy time pillow under the chest for beginners.
- **Engage Baby** – Place toys or a mirror in front to encourage lifting their head.
- **Stay Close** – Supervise and talk or sing to the baby for comfort.
- **Start Small** – Begin with short sessions (1–2 minutes) and gradually increase as the baby builds strength.

BENEFITS:

- Strengthens neck, shoulders, and core muscles
- Promotes motor development and coordination
- Prevents flat head syndrome
- Boosts sensory and visual exploration
- Prepares the baby for crawling and rolling



HOW TO ADAPT:

- Use a soft mat or tummy time pillow for support
- Place toys or mirrors in front to encourage reaching
- Lie down face-to-face for bonding and motivation
- Try short, frequent sessions throughout the day
- Add textures or fabrics for sensory stimulation
- Use music or rattles to keep baby engaged

SENSORY BOTTLES

WHATS NEEDED:

- Clear plastic bottles (with secure lids)
- Fillers: water, oil, glitter, beads, buttons, rice, or pom-poms
- Optional: food colouring, small toys, sequins
- Superglue or tape to seal lids tightly
- Labels (optional) for themed play or learning

WHAT TO DO:

- Fill a clear plastic bottle with safe materials (e.g., water, glitter, beads).
- Secure the lid tightly with glue or tape.
- Let the baby shake, roll, and observe the bottle.
- Supervise closely and rotate bottles with different themes.

BENEFITS:

- **Visual Stimulation** – Captivating colors, movement, and sparkle engage a baby's sight.
- **Focus & Calm** – Watching slow-moving content can soothe & support attention.
- **Motor Skill Support** – Encourages grasping, shaking, & rolling motions.
- **Auditory Exploration** – Bottles with rice, beads, or bells create gentle sounds.
- **Cognitive Growth** – Introduces cause and effect as babies interact and observe changes.



HOW TO ADAPT:

- **Variety of contents:** use glitter, water beads, or oil and water.
- **Add sound:** fill with rice, pasta, or bells for auditory fun.
- **Use color themes:** match colors to seasons, moods, or learning topics.
- **Learning twist:** include letters, numbers, or shapes inside.
- **Light play:** explore near a window or flashlight for glowing effects.

SENSORY BASKETS

WHATS NEEDED:

- Basketor tray
- Include shiny/light-up items:
  - Metal measuring spoons
  - Handheld mirror
  - Light-up bouncy ball
- Add textured objects for sensory variety:
  - Pine cone
  - Faux fur or soft fabric
  - Crinkled tin foil
  - Straw pieces or woven items

WHAT TO DO:

- Use a small basket or any safe container
- Fill it with colourful, interesting objects
- Observe what captures your baby's attention
- Add more items based on their interests (e.g., shiny, crinkly, soft)
- Rotate objects regularly to maintain curiosity and engagement

BENEFITS:

- Engages all five senses: touch, sight, hearing, smell, and taste (if safe)
- Encourages early sorting and classifying of objects
- Develops fine motor skills through hands-on exploration
- Builds concentration and focus
- Promotes decision-making and confidence
- Supports open-ended and independent play
- Enriches understanding of the world through sensory experiences



HOW TO ADAPT:

- Rotate items weekly by theme (e.g., texture, color, season)
- Group by color for sorting play
- Mix textures: soft, rough, smooth
- Adjust for age: large items for babies, tools for toddlers
- Add sorting/matching challenges
- Include natural items for an outdoor feel
- Use story-themed objects for language play
- Place near babies for tummy time reaching

TOUCH & FEEL PLAY

WHATS NEEDED:

Create a simple sensory play setup using safe, everyday household items with different textures.
Place a few items on a tray, mat, or shallow box and allow your baby to explore freely.
You can include materials such as: Bubble wrap, Tin foil, Egg cartons, Soft fabric (e.g. cloth, scarf, towel) Sponges, Silicone kitchen tools, crinkly paper or packaging

WHAT TO DO:

- Sit with your baby and allow them to touch, squeeze, pat, scrunch, or mouth (if safe) the materials at their own pace. You can gently model actions like tapping or squeezing, but avoid directing—let them lead the exploration.
- Use simple language alongside play, such as:
- "Soft," "crinkly," "bumpy," "cold," "smooth."
- Keep the setup simple (3–5 items is plenty) and rotate materials to maintain interest.

BENEFITS:

- Brain Development - Different textures stimulate neural connections and help the brain make sense of the world.
- Sensory Processing - Babies learn how to respond to different sensations like rough, smooth, soft, and hard.
- Fine Motor Skills - Grasping, squeezing, and exploring materials strengthens hand muscles and coordination.
- Focus & Attention - Simple sensory play encourages longer engagement and curiosity.



HOW TO ADAPT:

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- **For Sensory-Seeking Babies** Include more varied and stronger textures (crinkly, bumpy, firm) Add actions like scrunching, banging, or pulling

SENSORY BAGS

WHATS NEEDED:

- Ziplock bags (strong and sealable)
- Hair gel, water, or baby oil (for filling)
- Small items (beads, buttons, foam shapes, glitter)
- Duct tape (to seal edges securely)
- Optional: Food colouring or themed items for added interest

WHAT TO DO:

- Fill a ziplock bag with gel, water, or oil.
- Add small items like beads, glitter, or foam shapes.
- Seal the bag tightly and reinforce with duct tape.
- Lay flat for squishing, pressing, and exploring.
- Always supervise during play.

BENEFITS:

- Enhances tactile exploration through squishing, pressing, and manipulating the bag
- Develops fine motor skills and hand strength
- Encourages focus and concentration during sensory play
- Supports early learning concepts like colors, letters, numbers, or shapes
- Promotes calm and self-regulation, especially for anxious or restless children



HOW TO ADAPT:

- **For younger children:** Use larger objects, simple textures, and fewer items for easier handling
- **For older children:** Add small, intricate items, multiple textures, or themed objects for complexity
- **Include tools:** Use spoons, tweezers, or rolling pins to explore the bag differently
- **Incorporate learning:** Add letters, numbers, or shapes for educational play
- **Themed variations:** Create seasonal, ocean, or animal sensory bags to engage imagination

MUSIC TIME

WHATS NEEDED:

- Simple instruments (shakers, drums, bells)
- Speaker or music player
- Soft floor space or play mat
- Baby-safe rattles or DIY noisemakers
- Songs or playlists with gentle, rhythmic tunes
- Your voice for singing and interaction

WHAT TO DO:

- **Play Gentle Music** – Choose calming or playful tunes.
- **Sing Along** – Use your voice to engage the baby.
- **Use Instruments** – Shake, tap, or rattle to the beat.
- Encourage Movement – Gently clap baby's hands or sway together.
- **Repeat Favorites** – Babies love familiar sounds and songs.

BENEFITS:

- **Stimulates Brain Development** – Boosts memory, language, and listening skills.
- **Encourages Early Learning** – Introduces rhythm, patterns, and sounds.
- **Supports Motor Skills** – Clapping, swaying, or shaking instruments builds coordination.
- **Promotes Bonding** – Singing and dancing together strengthen the connection.
- **Soothes and Calms** – Music can help regulate emotions and routines.



HOW TO ADAPT:

- Use simple instruments like shakers, drums, or bells.
- Sing familiar songs with actions (e.g. "Itsy Bitsy Spider").
- Let baby feel vibrations by placing a speaker nearby.
- Dance gently with baby to the rhythm.
- Try different genres—lullabies, classical, or world music.
- Make DIY instruments using household items (e.g. rice in bottles).

DIY RATTLES

WHATS NEEDED:

- Small plastic containers or bottles
- Fillers (e.g., rice, pasta, lentils, beads)
- Strong tape or glue to seal
- Optional: ribbons, stickers, or fabric for decoration
- Safe, baby-friendly materials only

WHAT TO DO:

- **Choose a Container** – Use a clean, small plastic bottle or container with a secure lid.
- **Add Fillers** – Pour in baby-safe items like rice, pasta, or beads (not too full).
- **Seal Tightly** – Secure the lid with strong tape or glue to prevent opening.
- **Decorate (Optional)**- Add stickers, fabric, or ribbons for visual interest.
- **Shake & Play** – Let the baby explore the sound and movement under supervision.

BENEFITS:

- **Stimulates Hearing** – Helps babies explore different sounds.
- **Boosts Motor Skills** – Encourages grasping, shaking, and hand control.
- **Improves Visual Tracking** – Babies follow the moving rattle with their eyes.
- **Teaches Cause & Effect** – Babies learn that shaking creates sound.
- **Encourages Musical Awareness** – Introduces rhythm and sound variation.



HOW TO ADAPT:

- Use different fillers like rice, pasta, or beads for varied sounds.
- Try clear bottles to let the baby see what's inside.
- Secure lids tightly for safety (hot glue or tape).
- Add color with bright ribbons or stickers.
- Wrap in fabric or socks for a soft texture option.
- Add small bells for a musical twist.

PEEKABOO PLAY

WHATS NEEDED:

- Scarves or cloths

Hands or simple hiding spots

- Soft toys or objects (optional)

WHAT TO DO:

- Cover your face with your hands or a scarf and say “Peekaboo!”
- Encourage children to hide and reveal themselves, too.
- Use toys or objects to play peekaboo together.
- Take turns hiding and finding.

BENEFITS:

- Builds social connection and shared attention
- Encourages turn-taking and interaction
- Supports early communication skills
- Develops understanding of object permanence
- Promotes laughter, bonding, and confidence
- Strengthens focus and nticipation skills



HOW TO ADAPT:

- Start with simple hand peekaboo.
- Use scarves for gentle hide-and-reveal play.
- Hide toys under cloths for added fun.
- Use mirrors for self-peekaboo play.
- Let children lead the game as confidence grows.

FABRIC PEEKABOO

WHATS NEEDED:

- Lightweight fabric (e.g. scarves, muslin cloths)
- Soft toy (optional, for hiding)
- Baby-safe mirror (optional)
- Safe, soft play space
- Your playful interaction and supervision

WHAT TO DO:

- Choose a soft, lightweight fabric – like a scarf or muslin cloth.
- Gently cover your face or a toy with the fabric.
- Say “Peekaboo!” as you reveal your face or the toy to the baby.
- Encourage the baby to pull off the fabric themselves to discover what’s underneath.
- Repeat with smiles, songs, or different textures to keep it fun and engaging.

BENEFITS:

- **Boosts Visual Tracking** – Helps babies follow movement and focus.
- **Encourages Social Interaction** – Promotes bonding through smiles and giggles.
- **Supports Cognitive Skills** – Teaches object permanence (understanding things still exist when hidden).
- **Enhances Motor Development** – Reaching and grabbing build hand-eye coordination.



HOW TO ADAPT:

- Try varied fabrics for texture fun.
- Hide toys under fabric for baby to find.
- Use a mirror for added surprise.
- Sing peekaboo songs to engage.
- Let baby pull the fabric off themselves.

MIRROR PLAY

WHATS NEEDED:

- Baby-safe, unbreakable mirror (floor, wall-mounted, or handheld)
- A clean, soft mat or safe play surface
- Age-appropriate toys for interaction
- Optional: face stickers or simple props for added fun
- Supervision to ensure safe exploration

WHAT TO DO:

- Place a baby-safe mirror at the baby's level.
- Use during tummy time or seated play.
- Let the baby explore their reflection.
- Make faces or play peekaboo together.
- Add soft toys for extra fun.

BENEFITS:

- **Visual Awareness** – Helps babies explore reflections and focus on faces.
- **Self-Recognition** – Supports early identity development and social skills.
- **Cognitive Growth** – Encourages curiosity and cause-and-effect learning.
- **Motor Development** – Promotes reaching, touching, and coordination.
- **Language Skills** – Stimulates babbling and facial expression mimicry.



HOW TO ADAPT:

- Use handheld, floor, or wall mirrors safely.
- Add face stickers or drawings for extra fun.
- Place toys near the mirror to encourage reaching.
- Play peekaboo or make funny faces together.
- Pair with songs or rhymes to boost engagement.

SOFT BALL ROLLING

WHATS NEEDED:

- Soft, lightweight ball (foam or fabric)
- Clean, safe floor space or soft mat
- Baby seated, on tummy, or crawling
- Close supervision for safe, interactive play

WHAT TO DO:

- Sit baby on the floor or during tummy time.
- Gently roll the soft ball toward them.
- Encourage baby to watch, reach, or push it back.
- Celebrate their attempts to engage or follow the ball.

BENEFITS:

- **Encourages Tracking:** Helps babies develop visual tracking as they follow the ball.
- **Builds Motor Skills:** Promotes reaching, grasping, and rolling for hand-eye coordination.
- **Supports Tummy Time:** Engages babies during tummy time and motivates movement.
- **Teaches Cause & Effect:** Rolling the ball & seeing the result introduces early logic.
- **Social Interaction:** Great for turn-taking and bonding during caregiver play.



HOW TO ADAPT:

- Use balls with different textures or colours.
- Roll toward favourite toys to encourage crawling.
- Play near a mirror for added visual interest.
- Add music or sing while rolling for engagement.
- Sit opposite baby for interactive rolling games.

WATER PLAY

WHATS NEEDED:

- A shallow tub or bowl of water
- Baby-safe toys (cups, rubber ducks, spoons)
- Towels for easy cleanup
- Supervision at all times
- Optional: food coloring, bubbles, or ice for extra sensory fun

WHAT TO DO:

- **Set Up** – Fill a shallow tub or container with a small amount of warm water.
- **Add Toys** – Place baby-safe cups, spoons, or floating toys in the water.
- Supervise Closely – Always stay within arm's reach during play.
- **Encourage Exploration** – Let the baby splash, scoop, and feel the water.
- **Towel Off** – Have a towel nearby for easy cleanup and drying.

BENEFITS:

- **Sensory Stimulation** – Engages touch, sight, and sound.
- **Fine Motor Skills** – Builds hand-eye coordination through splashing and pouring.
- **Exploration & Curiosity** – Encourages discovery through cause and effect.
- **Temperature Awareness** – Introduces warm vs. cool sensations safely.
- **Calming Effect** – Soothing and relaxing for many babies.



HOW TO ADAPT:

- **Add Ice:** Include ice cubes or frozen shapes for a cool, sensory experience.
- **Use Bubbles:** Blow bubbles over the water to create movement and visual interest.
- **Scoops and Spoons:** Provide cups, spoons, or scoops to pour, fill, and explore.
- **Floating Toys:** Add safe floating toys to encourage play and experimentation.
- **Color Play:** Mix in safe food coloring to explore mixing and color changes.
- **Take Outdoors:** Move the activity outside for a bigger, mess-friendly space and extra fun.

CONTRASTING CARDS

WHATS NEEDED:

- Black and white/high contrasting cards.

WHAT TO DO:

- Show babies bold black-and-white cards or images
- Hold visuals 8–11 inches from their eyes
- Move images slowly to encourage tracking
- Change patterns regularly to maintain interest

THE SCIENCE:

- Bold black-and-white images stimulate the development of babies' optic nerves
- Focusing on high-contrast visuals helps train eye muscles and brain coordination
- Newborns (first 3 months) can focus on objects 8–11 inches away
- Vision rapidly improves after the first few months

BENEFITS:

- The visual contrast encourages babies to explore the different patterns and textures offered, giving a multi-sensory experience to young explorers.
- Strong black and white patterns also help babies to develop their ability to focus their attention and levels of concentration.



HOW TO ADAPT:

- **Themes:** Focus on colors, shapes, textures, or everyday objects to match children's interests
- **Multi-Sensory:** Add textures, patterns, or raised surfaces for tactile exploration
- **Indoor/Outdoor:** Can be used on a table, floor, or even outdoors for variety
- **Group Play:** Encourage matching games, memory challenges, or collaborative sorting
- **Adjust Difficulty:** Start with 2–3 contrasts, then increase the number as skills develop

WHISK & PULL PLAY

WHATS NEEDED:

- A kitchen whisk
- Sensory scarves, pom-poms, or soft household items (e.g. fabric strips, ribbons)

WHAT TO DO:

Place the items inside the whisk and offer it to your baby. Allow them to explore, pull, and remove the objects at their own pace. Sit nearby, observe, and use simple language if appropriate (e.g. “pull,” “out,” “you got it”).

BENEFITS:

- Develops fine motor skills and hand strength
- Supports hand-eye coordination
- Encourages problem-solving and persistence
- Builds focus and concentration
- Promotes independent exploration



HOW TO ADAPT:

- **For younger babies::** Use fewer, loosely placed items & Offer hand-over-hand support if needed
- **For older babies:** Fill the whisk more tightly for added challenge & Use smaller or varied textures
- **To extend the activity:** Add a container to place items into after removing & Introduce different objects to maintain interest

LIGHT/SHADOW MAKING

WHATS NEEDED:

- Light Source: A flashlight, lamp, or natural sunlight.
- Objects for Shadows: Hands, toys, cutouts, or household items
- White Wall or Sheet
- Translucent Materials: Scarves, coloured cellophane

WHAT TO DO

- Slowly move a flashlight beam across a wall or ceiling
- Encourage babies to follow the light with their eyes
- As they grow, they will track the moving light more quickly
- This skill helps develop visual tracking and eye coordination

BENEFITS:

- **Visual Stimulation:** Contrasting light and shadows helps develop visual tracking and focus.
- **Cognitive Development:** Encourages curiosity, cause-and-effect learning, and early exploration.
- **Motor Skills:** Reaching for moving shadows supports hand-eye coordination.
- **Imagination Boost:** Promotes early creativity through visual storytelling and sensory discovery.
- **Calming Effect:** Soft lighting and gentle movements can soothe and regulate emotions



HOW TO ADAPT:

- **Use Coloured Cellophane:** Place coloured cellophane over a light to create bright, colourful shadows and light effects.
- **Try Shadow Puppets:** Use hands or simple cut-out shapes to make shadow characters and tell fun stories.
- **Explore Hand Shapes:** Move hands in front of the light to discover different shadow shapes and movements.
- **Shine Light Through Toys:** Hold clear or textured toys in front of the light to create interesting patterns and textures.

PAINT IN A BAG

SET UP:

- Zip lock bag
- Washable paint
- Tape
- Flat surface

Add small blobs of paint to a zip lock bag, seal it tightly (removing excess air), and tape it securely to a table or window. Invite your child to press, squish, swirl, and mix the colors as they explore.

EXTENSION IDEAS

- Add glitter for sparkle and visual tracking.
- Insert a printed shape or letter behind the bag for tracing practice.
- Use cotton buds to “draw” in the paint.

LANGUAGE

- “What happens when you mix those colors?”
- “Can you make lines or circles?”

BENEFITS:

- Strengthens fine motor skills
- Encourages sensory exploration
- Introduces early color mixing concepts
- Builds hand strength (great pre-writing skill!)
- Promotes creativity and independent exploration
- Provides calming, soothing sensory input.



HOW TO ADAPT:

- For Younger Toddlers: Use one color at a time & focus on simple pressing and sensory language.
- For Preschoolers: Encourage color predictions before mixing & ask them to “draw” shapes, letters, or numbers.
- For Children with sensory sensitivities: Allow them to press gently with tools instead of their hands & offer thicker paint for more resistance.

BUBBLE WATCHING

WHATS NEEDED:

- Bubble solution
- Bubble wand or machine
- Optional: scent-safe or natural bubbles
- Safe space for baby to sit or lie down
- Close supervision for safe, engaging play

WHAT TO DO:

- Set baby in a safe, comfy spot.
- Blow bubbles using a wand or machine.
- Use natural or scented bubbles if desired.
- Let baby watch, reach, or pop the bubbles.
- Always supervise closely for safe play.

BENEFITS:

- **Boosts Visual Tracking** – Helps babies follow movement with their eyes.
- **Encourages Focus** – Bubbles draw attention and improve concentration.
- **Supports Motor Skills** – Reaching and popping bubbles builds coordination.
- **Stimulates Curiosity** – The floating motion sparks wonder and exploration.
- **Introduces Cause & Effect** – Babies begin to notice their actions can make bubbles move or pop.



HOW TO ADAPT:

- Use baby-safe scented or colored bubbles for sensory fun.
- Add a fan or breeze to move bubbles naturally.
- Try for extra visual interest.
- Play gentle music for a calming vibe.
- Let bubbles land on toys to spark interaction.

BABY ACTIVITIES

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Slow, calm sensory experiences for babies and young children

Using familiar, accessible materials