# Exploring Touch

MY NATURE PLAY

## Overview

Simple sensory prompts can help parents and carers to tap into playful moments. Try drawing attention to the senses through natural materials and spaces.



## Activities

Explore the nursery garden through the sense of touch. Move in different ways over a variety of surfaces; bumpy, smooth, slippy, crunchy. Children and adults should be encouraged to discuss how we move on different surfaces. How do we walk on ice? What about rocky areas? Do this barefoot on warmer days once the surfaces are risk-assessed for any hazards. Our responses change with the weather so try this on wet days too.

## Equipment

- Nursery garden or local greenspace
- Barefoot materials can be placed in low trays or tubs to offer this type of experience in less natural spaces.

## Key Questions

*How does it feel?*
Add new descriptive words to help children make sense of the real world.
*What does it remind you of?*
This helps children link their previous experiences to their current ones.

## Learning Outcomes

- Health & Wellbeing – build confidence in dynamic risk-assessing and how we move on different surfaces, resilience to new experiences.
- Literacy – talking and listening skills and use of descriptive language.

## Progression in Learning

- Feel different leaves – some are furry, some are smooth, some are prickly, some are feathery. Do this with any natural items (stones, shells, sticks etc...)
- Cover your eyes and feel your way along a rope course. What textures can you feel as you go?