

Touch



Under 1

- Texture Baskets: Babies feel different materials (cotton, fleece, sandpaper).

Age 1 and above

- Texture collage: Glue materials like foil, felt, bubble wrap, fabric, and buttons onto cardboard.
- Playdough: Encourage squishing, rolling, and shaping with hands. Add tools like plastic knives, cookie cutters, or natural items like leaves and twigs.

Sound



Under 1

- Musical instruments
- Crinkly paper play

Age 1 and above

- Make-your-own shakers: Let kids fill plastic bottles with beans, rice or pasta.
- Play musical instruments to songs

End of session: Read a story with sound effects (rain tapping, animals yawning).

Sight



Under 1

- Bubble Play: Watching bubbles float.
- Black & White Contrast Cards: Use high-contrast flashcards or books (black, white, red) to help babies focus and track objects with their eyes. Good for tummy time too.

Age 1 and above

- Scavenger hunt of items around the room
- Dancing raisins science experiment

Alphabet



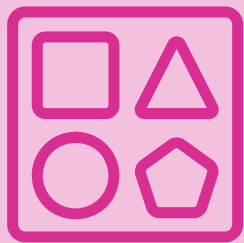
Under 1

- Letter Peek-a-Boo: Hide large letters behind a scarf or box and reveal one at a time: "Peek-a-boo! It's B!"

Age 1 and above

- Alphabet Playdough: Print large letters and let kids shape playdough to trace them.
- Letter sorting: Kids stick letters onto matching letters on a poster board.

Shapes and blocks



Under 1

- Shape sorting toys
- Black & white shape cards during tummy time.

Age 1 and above

- Painting with shape sponges and naming the shapes
- Shape Sorting: Match cut-out shapes to trays or mats.

Music



Under 1

- Singing lullabies and making it interactive
- Playing different instrument noises

Age 1 and above

- Create drums or guitars using recyclables.
- Follow the leader with instruments or by stomping or clapping your hands – one person leads and everyone else copies the beat

Weather



Under 1

- Sensory play with seasonal textures
 - Autumn: collecting small leaves of different textures
 - Winter: use cotton balls to mimic snow

Age 1 and above

- Weather related art

Animals



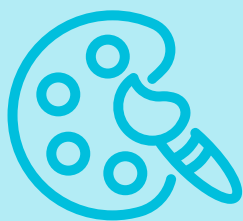
Under 1

- Animal Peekaboo: Use cards with large animal images and hide them behind cloths or under scarves for a slow peekaboo reveal. "Who's hiding? It's a panda!"
- Animal books

Age 1 and above

- Feed the Animal Game Create: Cardboard animal faces with open mouths. Kids "feed" them pretend food.
- Make animal masks

Colours: Yellow



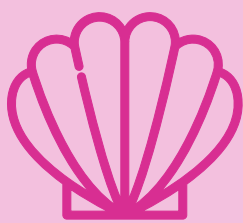
Under 1

- Sensory Basket: Fill with safe yellow household items like a soft sponge or rubber duckie and yellow crinkle paper.

Age 1 and above

- Sun Art: Print out big sun shapes and let children decorate with yellow tissue paper, feathers, buttons, or ribbon.

Ocean



Under 1

- Ocean Sensory Bin: Blue crinkle paper with plastic sea animals and shells.
- Read a story like The Rainbow Fish

Age 1 and above

- Jellyfish Craft: Use paper bowls, yarn or streamers, and googly eyes to create floating jellyfish.
- Stick ocean animals onto the ocean poster.