



The Sensory Adventure

This 6 week program will give children ages 4-6 an opportunity to stimulate their sensory systems, improve independence, and gain confidence. This program will consist of sensory-based fine motor and gross motor games and activities that encourage exploration while promoting social communication, problem solving, self awareness and peer interactions. Each week will have a theme that activities will be centered around.



The Sensory Adventure

- Program will run Monday, Wednesday and Friday 3-4:30 starting the week of March 1 and conclude it the week of April 8.
- “Brain Break” –activity for Energy Release
- Calendar Activities – see monthly calendar for details
- Fine motor fun
- Sensory Play - Hands on fun !
- Wednesday’s cooking group



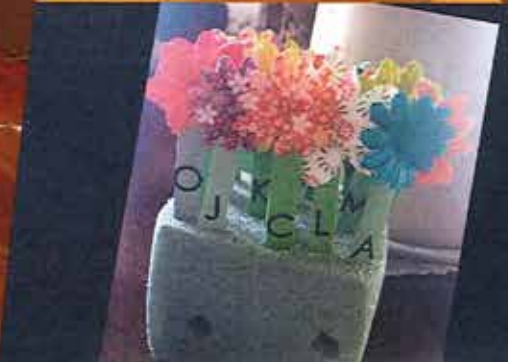
“Brain Break” activity for Energy Release & Sensory overload

- Physical movement makes it:
- Easier for our brain to maintain focus
- Helps us to integrate learning across both of our brain's hemispheres
- helps to enter information into our memories
- reduces chances of feeling overwhelmed or overloaded.
- Or for some Sensory overload retreat come hang out in the “Cozy Cove”



Fine motor fun

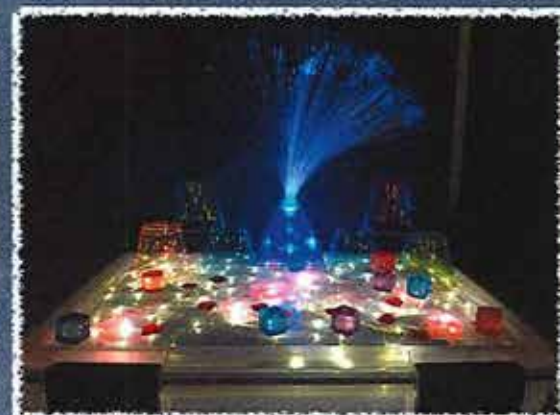
- Children will engage in fun & creative fine motor activities that encourage age appropriate grasping skills, strength and coordination. Activities including cutting, coloring and writing will be incorporated in a fun and social environment.





Sensory Play Hands on fun !

- There is so much learning that takes place during sensory experiences. Exploring textures, manipulating items, scents...the list can go on and on! When a child explores the world through their senses, they develop fine motor skills, gross motor skills, language abilities, self-confidence, and so much more.



Cooking Group

Hands on Fun!
making slime, play dough, cloud dough...

Social-Emotional Development: Hands on cooking activities help children develop confidence and skill.

Physical Development: Fine motor and eye-hand coordination skills are developing by mixing, squeezing, and spreading.



THE SENSORY ADVENTURE PROGRAM

Week 1: Winter Sensory Week

Sensory Crafts:

- Blizzard in a Bottle
- Pompom Snowman
- Salt Snow Flake

Sensory Tables:

- Diving Penguin Sensory Bin (frozen and melting water beads)
- Winter Treasure Hunt (fake snow)
- Hot Coco Sensory Bin (beans)

Wednesday "Cooking" Group:

- Snow

Sensory Gross Motor:

- "Snowy" Obstacle Course

Week 2: Happy shamrock week

Sensory Crafts:

- Rainbow Name Necklace
- Marble Painted Shamrock
- Scented Shamrock

Sensory Tables:

- "Gold Dig" Rice Bin
- Shamrock Slime Bin
- Shamrock Sand

Wednesday "Cooking" Group:

- Shamrock Playdough

Sensory Gross Motor:

- Gold Scavenger Obstacle Hunt

Week 3: Irish Luck Week

Sensory Crafts:	<ul style="list-style-type: none"> • Polar Bear Spray Paint • Cotton Ball Polar Bear • Ice Painting
Sensory Tables:	<ul style="list-style-type: none"> • Artic Wonderland (shaving cream and water Beads) • Artic Friends (marshmallow bin) • Artic Ice
Wednesday "Cooking" Group:	<ul style="list-style-type: none"> • Artic Slime
Sensory Gross Motor:	<ul style="list-style-type: none"> • Artic Bear Walk Obstacle Course

Week 4: Spring Into sensory fun

Sensory Crafts:	<ul style="list-style-type: none"> • Buzzing Bee • Fluttering Butterfly • Baby Bird Nest
Sensory Tables:	<ul style="list-style-type: none"> • Flying Feather Bin • Bird Seed and Friends • Bugs and More! (black beans)
Wednesday "Cooking" Group:	<ul style="list-style-type: none"> • Bird Feeder
Sensory Gross Motor:	<ul style="list-style-type: none"> • Nature Hunt

Week 5: Happy earth day

Sensory Crafts:	<ul style="list-style-type: none"> • Earth Suncatchers (window decorations) • Earth Day Handprint (salt dough) • Bubble Wrap Earth Painting
Sensory Tables:	<ul style="list-style-type: none"> • Earth Day Sensory Play with shaving cream and paint • Garden Sensory Bin (dirt) • Ocean Clean Up! (water sensory play)
Wednesday "Cooking" Group:	<ul style="list-style-type: none"> • Earth Day Oobleck
Sensory Gross Motor:	<ul style="list-style-type: none"> • Reuse, Reduce, Recycle Obstacle Course

Week 6: April Showers week

Sensory Crafts:	<ul style="list-style-type: none"> • Wind Painting (painting with a straw) • Puff Paint Clouds • Rain Stick Bottles
Sensory Tables:	<ul style="list-style-type: none"> • Pigs in the Mud • Rainbow Pasta • Cloud and Rain Sensory Bin
Wednesday "Cooking" Group:	<ul style="list-style-type: none"> • Cloud Dough
Sensory Gross Motor:	<ul style="list-style-type: none"> • Puddle Jump Obstacle Course