

# Weekly Blog

August 10<sup>th</sup>-14<sup>th</sup> 2020

Activity of the Week:

Texture Play



## What is Texture Play?

Texture play is an activity that allows your child to engage in sensory exploration! It is a great way for your little one to learn and have fun at the same time.

## Playing with a Baby

Texture play with a baby is super easy, you can use any household item (that is safe) for your child to explore. For example, you could let them touch a clean sponge, wooden spoon, uncooked noodles or a soft blanket. The goal is to expose your child to different textures so they can experience different sensations.

## Playing with a Toddler

This activity can also be really fun for toddlers. Since they are a little older, you can use sensory objects from both inside and outside. In addition to household items, let your toddler feel the texture of a pinecone, sand or different shaped leaves! You can also ask them questions, such as "does it feel soft?".

## Why do this Activity?

Children learn the best and retain the most information when they engage their senses.

- Develops and enhances memory
- Supports fine motor skills
- Encourages language development
- Helps build nerve connections in the brain

### SAFETY NOTE:

Remember to always supervise your child when engaging in texture play, you don't want any of the items to go in their mouth!

## Mindfulness Tip of the Week:

### 1. *Healthy Habits*

Implementing healthy habits throughout different aspects of your life can be beneficial towards your mental and physical health. For example, healthy habits are known to boost energy levels, improve your mood and prevent diseases. Remember though, when implementing a new healthy habit, start out slow, with practice and routine it will eventually become a positive habit!

### *Eight Healthy Habit Suggestions to Try*

1. Make your bed in the morning
2. Put on clothes that make you feel good, even if you are just at home
3. Set out a goal for the day
4. Drink a full glass of water in the morning
5. Get outside for some fresh air
6. Send someone you know a nice message
7. Practice gratitude, what do you appreciate?
8. Engage in some form of physical activity

**You can also begin to establish healthy habits in your child!**

### *Check Out These Suggestions for Children*

1. Saying "Please" and "Thank you"
2. Eating fruits and veggies everyday
3. Getting at least one hour of physical activity daily
4. Washing your hands after using the bathroom
5. Being kind to others