

Difference between Sensory & Messy play

- The terms are used interchangeably & real buzz words at the moment.
- I however, like to distinguish between the 2 terms to highlight the difference for learning objectives & outcome of each play activity & help with my planning. It is advisable during all play to have all normal oral motor chew toys for your children on hand to discourage eating them unless that is one of your main objects for the task in new food exposure play activities.
- Sensory Play = Edible & safe for all ages & abilities, empowering children to use all 8 senses & so also empower adults to relax & not panic about children accidentally eating or mouthing something hazardous! Sensory often uses normal everyday textures, foods & familiar or new textures presented in a slightly different way. To help expose their sensory systems & safer for children that still need to mouth objects & need oral motor input.
- Messy play= Only Used once you are sure children will not mouth objects in their play! It consists of non food items or craft materials such as shaving foam or paint & outcome of the activity is to have fun getting messy, exposing sensory touch & simultaneously developing many different fine-motor & academic skills.

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