

Sensory Development Ages 1-2 Years

Developmental Milestones

- Copies others, especially adults and older children
- Show frustration easily
- Eats an increasing variety of food
- Bothered by soiled diaper
- Distinguishes between edible and inedible objects
- Enjoys messy play
- Reacts to extremes in temperature
- Enjoys rhymes and song
- Working on balance
- Coordinating their body movements for running, dressing, climbing under and on furniture

Hitchinson, A. (2021, January 11). The Ivy Academy of Early Learning. Retrieved November 14, 2021, from <https://theivyacademy.org/50-sensory-activities-for-1-year-olds-to-spark-play-development/>.

Activities

Whipped cream painting

Spray whipped cream on the table or highchair and allow your child to play and paint pictures with it. You can add food coloring to add more color and fun! And it's edible!



Rice Bin

Fill a large container or bin full of dry rice and provide different cups and spoons so the child can scoop, dump and play with their hands. Maybe have another empty container so they can scoop the rice into another container.



<https://amotherhipdown.com/rice-sensory-bin-for-toddlers/>

Kitchen Rock Band

Set out different pots, bowls, and tupperware, along with different spoons and utensils for the child to explore and play music with!



<https://www.istockphoto.com/photos/kids-pots-and-pans>

Washing toys

Fill a large container or bin full of water and soap. Have your child use sponges or washcloths to wash and clean their toys.



<https://busytoddler.com/2018/03/toy-washing-station/>

Nature scavenger hunt

Go outside and give your child a bucket to fill with different things like leaves, sticks, rocks, dirt, etc. Maybe provide a shovel to scoop the dirt or items.

