

Let's Play Infants: Sensory Hula Hoop

Learning Value:

This activity promotes development and learning by encouraging children to use their large muscles, hands and fingers, as well as their senses to explore and interact with the environment

Materials Needed:

- ▶ Hula hoop
- ▶ Yarn
- ▶ Ribbon
- ▶ Different textured items that aren't choking hazards: plush toy, textured fabric, unused loofa, baby rattles or toys, etc.



Participants:

This activity is intended for adult/child interaction and requires adult supervision because the infant is on their tummy.

Directions:

Step 1: Secure different textured items to the hula hoop using ribbon or yarn.

Step 2: Lay infant on their tummy in the middle of the hula hoop and show them some of the items attached to the hula hoop. Young infants might gaze at some of the items as they focus on strengthening their neck and core. Older infants will grab and grasp the item as they move their bodies closer so they can mouth the items.