

## **DISCOVERING THE NEW YEAR WITH ALL SENSES**

### **INFORMATION AND SUGGESTIONS FOR FAMILIES ON THE TOPIC OF SENSORY PERCEPTION**

Dear parents and families,

From birth, children actively explore their environment and learn about it with all their senses: They see, hear, feel, taste and smell. Sensory perception is thus an important part of children's learning and development. It helps them to perceive and understand the world around them. Good sensory perception is also important for the development of motor skills, language development and concentration.

Children should therefore have the opportunity to exercise and train their senses. You can find ideas on how to implement this together in everyday life in this parents' post.

We wish you an exciting start to the new year!

Your team of the Kinderschutzbund Bayern



# LEARNING WITH ALL SENSES

Children learn best when they can use all their senses. For example, if children can see something, touch, smell and perhaps even taste it at the same time, they will remember and understand it better. The senses are also important in language development. Children who hear things and see how they are pronounced learn to pronounce words correctly more quickly. There are many ways to help children learn with all their senses. The important thing is that the activities are appropriate for the age of the child and that they are fun!

## SUGGESTIONS AND IDEAS TO PROMOTE CHILDREN'S SENSORY PERCEPTION IN EVERYDAY LIFE



### 1. Playing with different materials

Especially when playing with different materials, children can train their senses by seeing, touching and hearing things. Sometimes it is also possible to smell and taste things. Natural materials, such as water, sand and rice, are particularly suitable for enabling holistic sensory perceptions.

Together with your children, you can, for example, collect natural materials (e.g. pine cones, stones, snail shells, etc.) and then consciously perceive them with all your senses. Afterwards, the materials can be used for playing.

### 2. Listening and moving to music

Music not only stimulates the senses, but also makes you want to move to it. Children can dance to different pieces of music or relax to quieter music. Especially the sense of hearing is trained, but also the feeling and seeing are promoted.

Here is a fun song that is about the senses and invites you to move:

<https://www.youtube.com/watch?v=m3YjA3ciRYk>





### 3. Walks and discoveries

During trips in nature, children can explore their surroundings with all their senses. They can observe nature, perceive sounds and smells, touch grass and leaves, and much more. Simple games that don't require much effort include throwing pine cones, skipping stones over water, and plant guessing with a plant app (Flora Incognita).



#### **Nature treasure hunt**

*A nature treasure hunt is especially fun for children and ensures that the walk becomes a real discovery tour.*

*This is how it works:*

*Print out pictures and stick them on the lid of an egg carton. Then you go on a discovery tour to look for the things pictured. The treasures found can be stored in the egg carton and brought home safely.*





#### 4. Crafts and painting

Children can also train their senses during creative activities such as crafts and painting. They can touch different materials, smell colors and try out different brush strokes. Children are especially happy when their artwork is hung up or exhibited afterwards.

##### **Fold snowdrops**

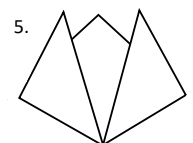
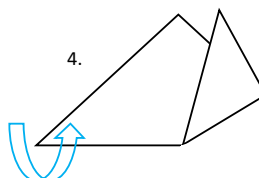
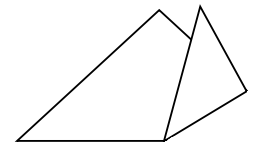
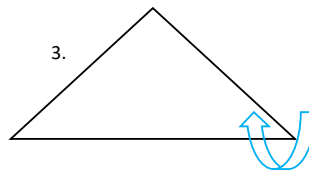
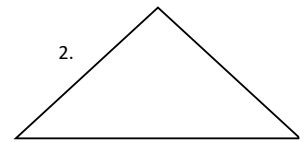
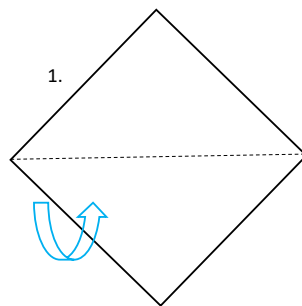
*Snowdrops are usually the first flowers of the year and represent the end of winter. Maybe you already discover the first snowdrops outside?*

##### You need:

- White square paper (e.g. note paper)
- Green paints (e.g. crayons, wax crayons, watercolor, etc.)
- A large sheet of paper
- Glue stick

##### So geht's:

1. Lay down the square paper with the tip facing you.
2. Then put the lower tip on the upper tip and fold the paper once. Now you have a triangle.
3. Fold a lateral tip diagonally upwards. The tip then protrudes centrally over the edge of the paper and is next to the tip of the triangle.
4. Now repeat this with the other lateral tip.
5. Now you have the bloom of snowdrop.



6. Now glue the bloom onto the large leaf so that the bloom is facing down.

7. Now paint the snowdrop a stem and leaves.

**Ready is your snowdrop picture!**



## 5. Cooking and baking

When cooking and baking, children can especially train their sense of taste and smell by touching and smelling different ingredients and tasting the end result.

### **Waffles for children**

Ingredients for 10 waffles:



125g butter (soft)



2 eggs



1 tsp baking soda



300ml milk



100g applesauce

Furthermore:

- A bit of butter or oil
- (hand) mixer
- waffle iron



This is how it works:

1. Beat butter and eggs with a (hand) mixer for 2 minutes until fluffy. Add flour and baking soda and slowly pour in the milk while stirring. Finally, add the applesauce and mix everything into a smooth dough.
2. Preheat a waffle iron and grease it if necessary. Then portion the waffle batter into the waffle iron and bake for 3-4 minutes until golden brown.
3. Enjoy waffles with fresh fruit or applesauce.

**Bon appetit!**

**There are many more ways to encourage children's senses in everyday life.  
Think about what your child especially likes to do!**

#### **Helpful pages on the Internet:**

- » Education and development field: Senses  
<https://kindergaerten.kultus-bw.de/,Lde/Startseite/Fruehe+Bildung/Sinne>
- » Encouraging the senses in young children:  
<https://krippenzeit.de/sinne-foerdern-bei-kleinkindern/>
- » The sensory perception of the baby:  
<https://www.kindergesundheit-info.de/themen/entwicklung/0-12-monate/sinnliche-wahrnehmung/>



# Helpbox

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language: german

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daily, 24h

**Online-Beratung per Chat und E-Mail: [online.telefonseelsorge.de](https://online.telefonseelsorge.de)**

language: german

This letter for parents was developed within the framework of the Project "Interkulturelle Elternbildung"



Sponsored by:

Bayerisches Staatsministerium des Innern, für Sport und Integration



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