

Texture Exploration Mat

SENSORY PLAY | Ages 3-6 months | 12 minutes

About This Activity

Introduce different textures to develop tactile awareness and sensory processing.

Materials Needed

- texture mat
- fabric squares
- sensory board

Step-by-Step Instructions

Create or use a texture mat with various materials: soft fleece, crinkly paper, smooth satin, bumpy corduroy, soft fur. During tummy time or supervised play, let baby touch and explore each texture. Name them: 'This is soft,' 'This is bumpy.' Watch baby's reactions. 10-15 minutes.

Developmental Benefits

SENSORY, COGNITIVE, FINE MOTOR