

Cumbria County Council

*Early Years Team*

**What can I do  
today?**



**This week it is...dens**

## **Thursday – a sensory den**

- Lots of children love to be in enclosed spaces. You can develop dens to appeal to your child's senses. Sight, sound, smell, touch, taste.
- You will know how your child reacts to sensory stimulation and can adapt this for them.
- Create a way of changing the light. You could use dark or light material or battery operated lights and torches.
- Play soft music.
- Add sensory objects such as bottles with coloured water, soft toys, tactile objects that make sounds when touched such as foil or paper.
- Drape scarves so that your child can feel the different textures.
- Use different coloured objects and material to create different moods.
- Create different smells by using oils on cotton wool balls, place them in a sock and tie up the end.