

Over the Rainbow

To experience looking at objects in a variety of colours and shapes

Practice at Home

- For your child to handle and look at colourful objects
- For your child to look and focus on single coloured item
- For your child to experience seeing objects in a light and dark environment

Activities to do at home

Choose a colour and gather a variety of objects/textures in your chosen colour.

Begin your play session with your child and focus on exploring that colour. Use items of their clothing i.e. red socks, blue gloves, green hat.

Offer a choice of two objects in two different colours and see if your child focuses on one colour more than the other. Give a hand over hand prompt to your child to hold and explore the chosen toy.

Make a sensory bottle (use a plastic bottle) and put some coloured water or sand in the bottle (secure the lid tightly).

Create your own dark space by using a dark blanket over chairs (like a den) or using a pop up child's tent. Place your child in the dark sensory area and hold a light toy close to them. Watch for a response

Remember be safe! Always check instructions on items and don't use electrical lights in enclosed places.