



Sensory Exploration

Educational activity for ages 0–2

■ 0–2 anos

This activity gently stimulates the baby's senses, creating important neural connections for healthy development.

■ Objectives

- Stimulate touch, vision, hearing and smell
- Build emotional bond between baby and caregiver
- Develop body awareness

■ Materials

- Fabrics of different textures (soft, rough, fluffy)
- Colorful and safe objects
- Soft instrumental music
- Comfortable pillow or mat

■ How to do it — step by step

1. Choose a moment when the baby is calm and alert
2. Lay them comfortably on a safe surface
3. Introduce one object at a time, let them touch and explore
4. Name what they are feeling: "soft", "smooth", "cool"
5. Keep eye contact and smile — bonding is part of the activity!
6. Repeat with different textures and objects

■ Fernanda's Tip

Always adapt to the baby's rhythm. If they look away or cry, pause and comfort first. Affection is the foundation of all learning!

