

**CAREGIVER
CONNECTION
CARD**

Young Audiences of Louisiana 
BABY ARTSPLAY!™
Presented by The Helis Foundation

My Five Senses

Sensory Play

Sensory play includes any activity that stimulates young children’s senses: touch, smell, taste, sight and hearing. When you stimulate their senses, you help them develop cognitively, linguistically, socially, emotionally, physically and creatively.

Tips to Connect

Don’t be afraid to get messy-
let them touch and taste! Describe what
you hear and see.



MAIN PROP

Colorful stress ball

ALTERNATIVE PROP

Pull colors from your environment. If you’re at home, look at throw pillows, toys and pictures. At the park, look at the swings, the slide, or even the parked cars!

If You See “Color”

To the tune of “If you’re happy and you know it”

*If you see red, pat your head
If you see red, pat your head
If you see red, then pat your head
If you see red, pat your head*

*Blue: Touch your shoe
Green: Bow to the Queen
Yellow: Shake like jello
Black: Pat your back
Brown: Turn around
Pink: Give a blink
White: Take a bite
Orange: Whisper “orange”*

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