PLAY, such as tummy time, provides opportunity to work on skills key to physical development. Sensory play is an opportunity to explore new sensations and experiences.

**MATERIALS**
- Hula hoop
- Bells, rattles
- Ribbons

**HOW TO PLAY**
Have your baby explore the different textures and sensory experiences on the ground. You can also lift the hoop up over baby and let them press, feel, and shake the different items and textures. Encourage your baby to explore! Make this sensory circle out of a hula hoop and use items you have on hand.

**Safety tip:** Always supervise your baby to make sure they are not pulling items off the circle or into their mouths.

**LET’S TALK ABOUT IT!**
- Point to the different textures and name them for your baby using rich vocabulary like “squishy,” “soft,” “textured,” “furry,” “shiny,” etc.
- Talk about the items your baby is drawn to and connect them to parts of baby’s world, like a family pet or favorite blanket.