

Sensory Explorer

Offer a gentle, child-led way to notice different textures and sights.

How to use the illustrated cards

Prepare

Look at the four cards: something soft, something rough, something shiny and something from nature. Choose a safe, familiar space.

Explore by choice

Invite the child to find, point to or simply look at an example. A cushion may feel soft; a pine cone may look rough. There is no need to touch anything.

Notice preferences

Watch for signs of enjoyment or discomfort. Offer an alternative or stop at once if the child wants to. Do not require unfamiliar sounds, smells or textures.

Use the drawing page

The child can colour an outline or draw something they enjoy seeing, hearing or feeling. A photo, sticker or adult-made drawing is equally welcome.

Helpful reminder

Supervise small objects and outdoor items. Avoid sharp, irritating or unsafe materials, and follow the child’s sensory preferences.

Every activity is optional. Children may look, point, gesture, speak, play alongside an adult, change the activity or pass. These are play ideas, not autism treatments or assessments.