

Everyday Sensory Play: Chore Checklist for Toddlers (Ages 1–5)

Turn everyday routines into joyful, brain-building adventures!

Chore / Routine	Sensory Focus	■ Try It This Week
Folding Laundry	Touch: Soft, rough, warm clothes; Categorizing shapes/sizes	■
Dishwashing	Water: Warm/cold, bubbly textures; Fine motor play	■
Cooking & Baking	Smells of spices; Touch: Stirring, squishing dough; Measuring ingredients	■
Vacuuming Time	Loud noise exploration; Movement awareness	■
Getting Dressed	Texture comparison; Color choice; Expressing preferences	■
Sweeping or Dusting	Movement coordination; Focused observation	■
Watering Plants	Gentle touch; Cause & effect (water disappears!)	■
Brushing Teeth	Taste awareness; Tactile sensations	■

■ *Parent Prompts to Spark Learning*

- “What does that feel like?”
- “Can you find something scratchy?”
- “Which spice do you smell?”
- “Can you guess where the water went?”

■ *Notes / Observations*

■ *Pro Tip*

■ Check off a few each week and rotate activities. Repetition builds confidence—and new discoveries emerge with time.