

What's in the Wet Bag

(older kids and baby variation)

This activity is designed for sensory exploration focusing on touch and feel. By allowing children to explore the bag contents, it helps to develop their understanding of cause & effect and shape recognition. This is a great activity for some quiet time as it is no-mess and stress-free!

What you'll need:

- A wet bag (or any other opaque bag)
- Some small items from around the house (food items are great, otherwise small toys) for babies, grab some cloth wipes
- A blindfold

How to do it:

- Pop the blindfold on your child or skip this step for babies
- Add the small items or wipes to the bag and leave the bag open.
- Hand the bag to your child or your baby and guide them to explore the items in the bag.
- For toddlers and older children, ask them to guess what's in the bag! You could even keep score and give them a treat at the end!



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