

Research Says These Activities Are Important:

From the moment of birth we begin learning about our surroundings through our senses. It is the job of our brains to combine all of our sensory information to make sense of the world. It is easy to observe babies and toddlers learning as they investigate by touching, listening, tasting, smelling and watching as a way of answering their questions about their surroundings. In a way, we all begin life as little scientists.

Although many visual skills develop early in the child's life, other sensory skills develop more slowly. Brain development research indicates that some manipulation skills continue to develop through ages eight to fourteen. What better argument for hands on learning as a vital teaching technique? Tactile experiences linked with the other sensory stimulation improve skills in cognition, social interactions, physical development, motivation and concentration. In addition, when this learning occurs outdoors the sights, sounds, and aromas strengthen positive feelings and attachments to the natural world. This attachment becomes the motivation for being environmentally responsible citizens.

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Or <https://www.childrenandnature.org/2014/05/12/nature-is-the-ultimate-sensory-experience-pediatric-occupational-therapist-makes-the-case-for-nature-therapy/>

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