

Low Materials Found Item Sensory Exploration Projects with Hailey

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Low materials, sensory exploration, art

Lesson Ideas

Lesson Title

Low Materials Found Item Sensory Exploration Projects

Duration

1 Hour

Lesson Plan

1. Introduction (5 minutes)

- Welcome and gather the kids.
- Briefly explain the concept of using found items for sensory exploration and art.
- Show examples of possible found items and sensory projects.

2. Sensory Exploration Activity (15 minutes)

- Divide kids into small groups.

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- Allow them to explore the environment (classroom, playground, or nearby garden) to find natural items (leaves, stones, sticks, etc.) and other available materials (recyclable items, scraps of fabric, etc.).

- Return and discuss the texture, smell, and visual aspects of the items they found.

3. Art Creation (20 minutes)

- Provide basic art supplies: glue, tape, string, and paper.

- Ask kids to use their found items to create a sensory collage on a piece of paper.

- Encourage creativity and the use of all their senses in their art.

4. Sharing and Discussion (10 minutes)

- Have each child or group present their artwork.

- Discuss the different sensory elements of their pieces and how they used their found items creatively.

5. Clean-Up (5 minutes)

- Guide kids to clean up their areas and store leftover materials properly.

Materials List

- Paper

- Glue

- Tape

- String

- Basket or small bags (for collecting found items)

- Found items (natural items, recyclable items, scraps of fabric)

Adaptations for Different Ages

- Younger Children: Focus more on the exploration and sensory discussion, offering more support during the art creation.

- Older Children: Encourage more complex designs and offer additional materials like scissors and paint to enhance their artwork.

Movement Break

- Midway through the art creation, have a quick movement break:

- "Five Senses Walk" (5 minutes): Walk around the space and identify something they can see, touch, smell, hear, and taste (if safe).

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Bonus Activities

- Sensory Story Time: Read a story that emphasizes different senses and ask kids to point out when those senses are mentioned.
- Sensory Bins: Create bins with rice, beans, or sand and hide small items inside for kids to find and identify by touch.
- Sensory Scavenger Hunt: Create a list of sensory challenges or items to find (smooth, rough, smelly, etc.) for kids to locate and explore.

Series Outline

****Week 1: Introduction to Sensory Exploration****

- Discuss what sensory exploration is and why it is important.
- Create sensory bins with rice, beans, and sand.
- Engage in a sensory scavenger hunt using different textured items found around the house or classroom.

****Week 2: Texture Exploration****

- Explore various textures such as rough, smooth, bumpy, and soft using items like fabric scraps, leaves, and aluminum foil.
- Create texture rubbings with crayons and paper.
- Make a textured collage using found materials.

****Week 3: Sound Exploration****

- Collect and explore items that make different sounds (e.g., keys, coins, paper).
- Create simple musical instruments (e.g., shakers using beans and plastic containers).
- Make a "sound map" of the classroom by listening and noting different sounds heard.

****Week 4: Light and Color Exploration****

- Use found materials like colored cellophane or plastic bottles to explore light and color.
- Create simple sun-catchers with craft materials and found items.
- Explore shadows using a flashlight and various objects.

****Week 5: Smell Exploration****

- Collect natural items with distinct smells such as flowers, herbs, and spices.
- Create a smell matching game using jars and different scented items.

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- Make scented playdough with common kitchen ingredients.

****Week 6: Taste Exploration****

- Discuss and explore safe-to-eat found items.
- Taste test different fruit and vegetable pieces, discussing flavors and textures.
- Create a simple recipe together using found or donated ingredients.

****Week 7: Kinesthetic Exploration****

- Set up a movement obstacle course using boxes, cushions, and other found materials.
- Play hopscotch or other movement games with items like rocks and chalk.
- Engage in simple yoga or stretching using found objects for balance.

****Week 8: Visual Exploration****

- Use everyday objects to create a found object art gallery.
- Explore patterns and symmetry with leaves, sticks, and other outdoor finds.
- Create nature mandalas using items collected from outside.

****Week 9: Nature Exploration****

- Take a nature walk to collect natural found items like leaves, rocks, and flowers.
- Create leaf rubbings and nature prints.
- Start a small nature journal to document findings.

****Week 10: Culminating Sensory Art Project****

- Combine sensory experiences from previous weeks to create a multi-sensory art project.
- Make a collaborative mural or installation using all found items.
- Reflect and share experiences and favorite projects from the series.

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

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