



Norfolk
County Council

Treasure Basket activity



NHS

A great way to explore different objects around the house and learn new words. Fill a basket or box with different objects and talk to your little one about each one.

- Let your baby lead the play and encourage them to try to reach and grab items.



**Talk
& Play**

all through the day

Household items:

- Wooden spoons • whisk
- metal linked measuring spoons • CD • keys

Natural items:

- Seashells • pine cones • smooth pebbles
(large enough not to be a choking hazard) • driftwood

Sounds:

- Homemade rattles made from small plastic bottles filled with rice and lentils
- Bell • egg shakers or mini maracas

Smells:

- Lemon • orange • lavender bags in muslin
- Large fresh bay leaf or mint leaf
- Herbs/Spices in socks and tied

Textures:

- Different materials; shiny, leather, tweeds, furry etc. • velvet jewellery bag
- Knitted sock or glove that they can put their arm in • loofah or sponge

All items should be thoroughly cleaned and not with something that could harm your baby if they put them items in their mouth e.g. strong disinfectant. Children should be supervised at all times as bits and pieces can fall off some of the items suggested, such as pine cones.

Sensory socks

- A quick and easy idea for supervised baby exploration!
- Fill some clean socks with items such as buttons, marbles, dried pasta or rice. Make sure that the sock is tightly knotted, so nothing can escape. For an extra sensory experience, add something scented, such as pieces of lemon or fresh mint leaves.
- This is only safe when you are watching the baby, to make sure that none of the filling comes out!

