

# Sensory Balanced Daily Schedule In The Virtual Blended Learning Program at Podar Jumbo Kids.

Parents, do you know how children interact with their environment? Well, they use their '8 Senses!' Most parents believe that all the '8 Senses' of the child are only put to use during Physical schooling and not during Virtual school of their child. Many think that only the Sense of Sight and Sense of Sound is used during the Virtual School! However, this is not true at the Virtual Blended Learning Program at Podar Jumbo Kids! Let us understand the '8 Senses' and how they are developed through a well-researched and planned **Virtual Blended Learning Program at Podar Jumbo Kids.**

## Activities for Interoceptive Sense during Virtual Learning

- **Washroom break** enables children to understand their body needs and act accordingly in between the virtual class.
- **Water break** also involves recognizing their body need of thirst and hence drink water.
- **Brain breaks** give the body a physical break to release the pent-up energy before moving to the next activity.

## Activities for Sense of Bodily awareness during Virtual Learning

- **Action rhymes and songs** that involve children moving their various body parts in the space around them like jumping, hopping, and so on as they sing along.
- **Shadow play a unique activity** where children need to be careful of using their hands in the space around them to make the desired shape or character.

## Activities for Sense of Bodily Movements during Virtual Learning

- **Yoga a fun activity** that children use their whole body to do.
- **Music and Movement** that excites children to dance and have fun.
- **Fun with Games** that comprises various activities involving balance and bodily movements.
- **Brain breaks** that involves the whole body and gets them ready for the next activity.

## Activities for Sense of Sight during Virtual Learning

- **Virtual Field Trip** where children see and explore new things and environments.
- **Virtual Hand signals** enable children to know the hand signals made by their friends and accordingly respond.
- **Picture talk** involves observing the various actions and objects in the picture and then answering by making sense of them.

## Activities for Sense of Sound during Virtual Learning

- **Creating Music** where children indulge in creating sounds of their own with simple household material and making music they enjoy.
- **Podcast** a platform for children to listen to stories, riddles, rhymes and have fun strengthening their listening skills.
- **Rhythmic Recitation of letters and numbers** where children make sounds using their body as they recite the numbers or letters.

## Activities for Sense of Taste during Virtual Learning

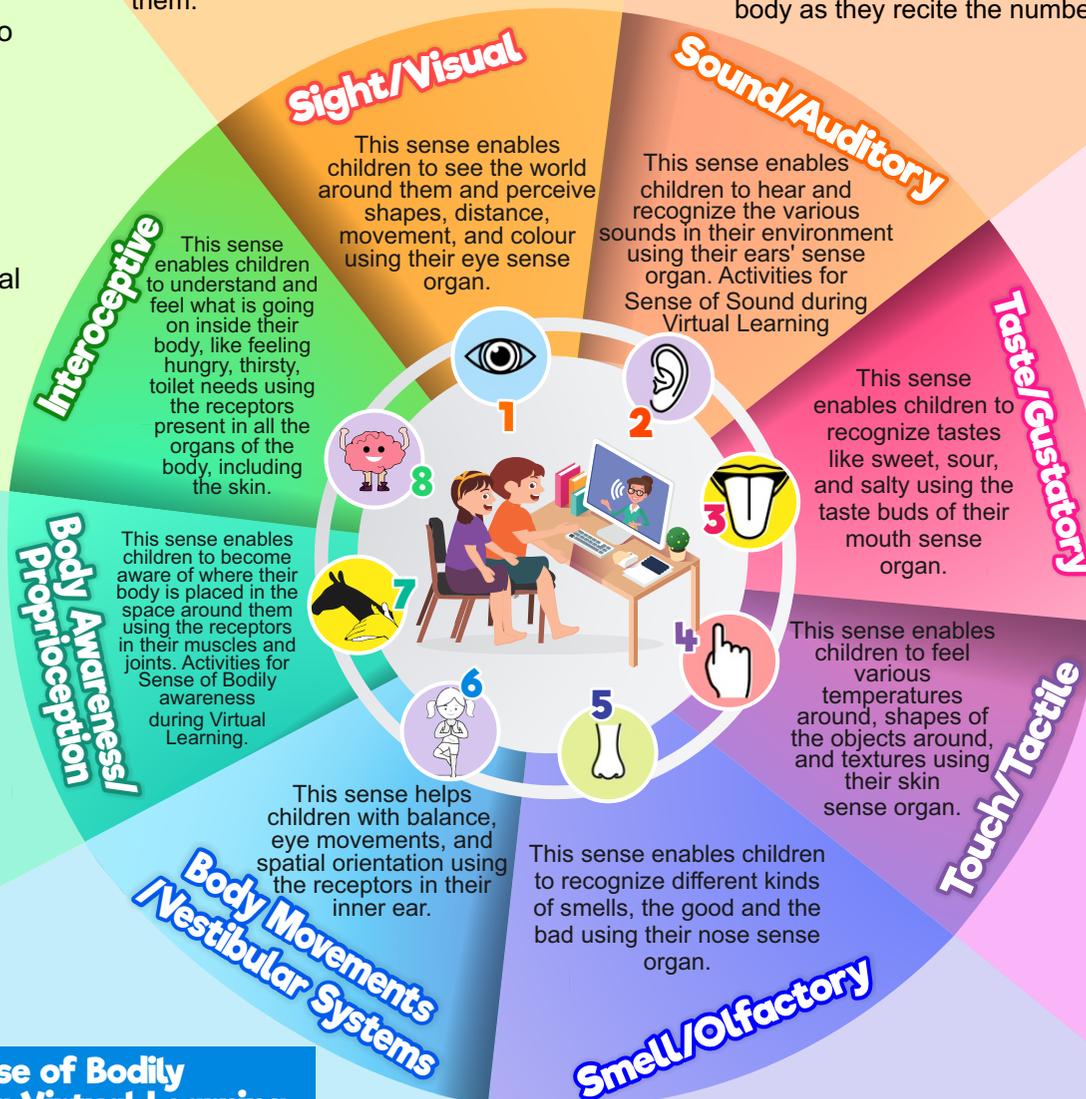
- **Little chef** enables children to taste various ingredients and tantalize their taste buds as they make a non-fire dish for themselves
- During the **Virtual Class water breaks** are given that leads children to explore their sense of taste as they recognize that water has no taste!

## Activities for Sense of Touch during Virtual Learning

- **Drawing** enables children to experiences different textures of writing tools, paper, and the varied effects it creates.
- **Special chores** where children are given simple hands-on household activities to do at home.

## Activities for Sense of Smell during Virtual Learning

- **Little chef** is an activity where children experience various smells involved in cooking using multiple ingredients.
- **Smell the environment** where children sit next to the window and try to recognize the smells that they get.



Your child's exposure to the "8 Senses" has an impact on their concentration, attention, and self-regulation. Please give them the required stimulation through the **Virtual Blended Learning Program at Podar Jumbo Kids.**

**Don't keep waiting for physical school to start and miss out on children's development and learning today!**