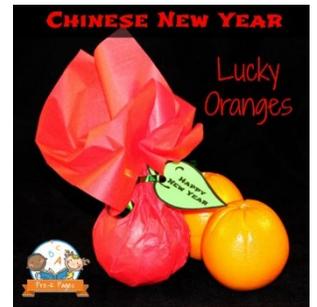


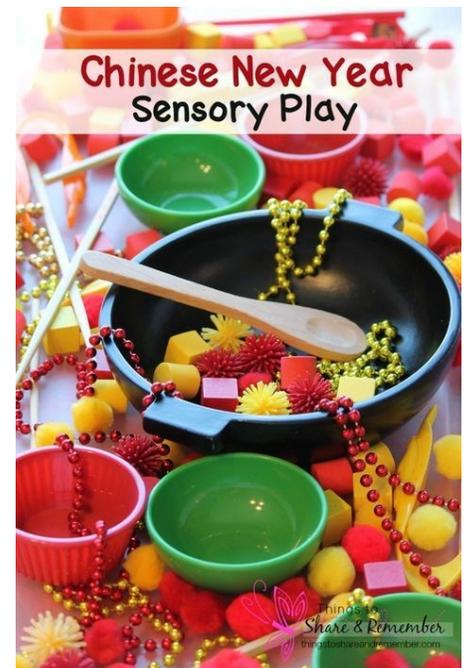
Chinese New Year, also known as Lunar New Year, is a celebration of new beginnings, the welcoming of spring, and the focus on visiting with family and friends, enjoying meals together, and appreciating each other. Countries all over Asia celebrate the Lunar New Year – which is a two-week event that follows the lunar calendar. Each year is represented by a zodiac animal. This year, 2022, is the year of the Tiger.



As a parent of two adopted children from China, we continuously learn about Chinese New Year and Chinese culture. In these few lesson plans, we will learn a few simple traditions and customs using food, colors, activities, song, and books to support the opportunity to learn about another culture and its beautiful traditions.

Materials Needed: Chinese New Year Sensory Play

- **Tote, bowl, pan** – You will need a container for this activity. The items will be touched with hands and maybe mouthed, be sure to throw away any items that cannot be sanitized when you are done playing and wash the 'tools' when done.
- **Items to explore** – You can use bowls, spoons, tongs, chopsticks with trainers (which are chopsticks connected at the top or purchase 'trainers' for any traditional pair of chopsticks). Many traditional colors are used in Chinese New Year – red, orange, yellow. Add pom poms, porcupine balls, bead necklaces, mandarin oranges, or tissue paper. You can wrap the items in tissue paper, pick them up and put them in bowls, wear the beads, put the pom-poms on your head and sneeze, etc.
- **Let your imagination go wild!**



How to:

Set up your bin in a location where your child can easily access it and keep it available for a while – sometimes, it can take a child a few minutes to figure out what is happening. They may need some modeling and time to get comfortable with a new experience. When we put time and effort into a project like a sensory bin and our children don't explore right away, it can feel defeating. Give it time – have other toys out so that your child can go to something familiar.

Sit with the bin, model, make silly sounds or actions to bend their curiosity. Play Peek a boo with a piece of tissue paper, wrap up a mandarin orange and give it to your child to open – watch how fast they come to see what you just did! Did you just put hide behind the paper? What are you wearing? DO WE GET TO PLAY WITH ALL OF THIS?! Our children are curious when we act silly – sneezing items off your head will gain belly giggles you never knew existed. It just might take a few times before it happens.

Developmentally this activity encourages language development by giving you opportunities to use descriptive language, action words, and silly sounds. Eye/hand coordination and fine motor development are also encouraged by picking up the small items, looking at them, smelling them, and exploring them. Having your child see your playing and exploring will try to imitate you, and then you can imitate them. This type of experience supports self-confidence as you show your child that you believe they are someone to follow. Our goal is to have our children initiate engagement with us. Learning that they can invite you to interact with them, mimicking each other with actions and sounds while expanding their ability to stay engaged in an activity for a more extended period. Expanding on the length of engagement allows for more time to explore, play, and **play is how children learn**. Being silly, doing something unexpected, new can be exciting and encourage exploration.

Again – use your imagination, plan for what works best for your family and child and HAVE FUN!

The links below have examples of how to set up for this activity:

[Chinese New Year Preschool Sensory Play \(thingstoshareandremember.com\)](http://thingstoshareandremember.com)

[Chinese New Year Activities for Preschool | Red Envelope printable \(pre-kpages.com\)](http://pre-kpages.com)

Lesson Plan developed by AnnMarie Adams, Special educator