Sensory-Based Learning in Early Childhood Education: Expanding Knowledge Through Experience

Zannatul Ferdous Mou:: Education is one of the fundamental pillars of human life, and this foundation is built most strongly during childhood. If learning at this stage remains confined only to textbooks and memorization, a child's overall development may be hindered. Therefore, modern educational systems are increasingly emphasizing teaching methods that connect learning with children's natural curiosity, experiences, and emotions. One of the most effective approaches among these is sensory-based learning.

Sensory-based learning is a teaching method that engages a child's five senses—sight, hearing, touch, smell, and taste—to make learning more active, meaningful, and effective. When children do not simply read or hear about something but also see, touch, and experience it directly, their understanding becomes deeper and more lasting.
For example, if a child merely reads the word "soil" in a book, it may remain only as information. However, if the child touches the soil, smells it, or creates something with it, the experience leaves a long-lasting impression on the mind.

One of the greatest advantages of this method is that it makes learning enjoyable. Learning no longer feels like pressure; instead, it becomes an engaging and playful experience. As a result, children develop greater concentration, remain involved in activities for longer periods, and build a more positive attitude toward learning. In addition, sensory activities play a significant role in enhancing creativity, problem-solving skills, and self-confidence.

Implementing sensory-based learning in the classroom is not particularly difficult. A conscious and creative teacher can apply it effectively even with limited resources. For instance, while teaching letters, children may be encouraged to trace alphabets on sand or clay using their fingers. Real-life objects can be used to teach colors. In mathematics, counting can become easier and more understandable through the use of sticks, stones, or beads. Similarly, small science experiments can stimulate children's curiosity and help them acquire practical knowledge.
However, there are certain challenges in implementing this method, particularly in the context of developing countries like Bangladesh. Classrooms are often overcrowded, necessary materials may not always be available, and time constraints can create difficulties. Nevertheless, if teachers are innovative and make use of locally available resources, many of these obstacles can be overcome.

Above all, sensory-based learning is an educational approach that makes learning lively, practical, and meaningful for children. It does not merely provide information; rather, it teaches children how to think, feel, and understand the world in their own way. Therefore, it is essential to ensure the proper integration of this method into the education system so that children can learn with joy and move toward a healthy, creative, and enlightened future.

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