












## Sensory play activities

	<p>Shaving foam or squirty cream on a large tray. Add:</p> <ul style="list-style-type: none"><li>• Glitter</li><li>• Different food colouring or paint</li><li>• Cotton wool balls</li><li>• Rice</li></ul>
	<p>Sensory bottles. Fill the bottle with water and add:</p> <ul style="list-style-type: none"><li>• A few drops of oil (mixed with food colouring)</li><li>• Glitter or sequins</li><li>• Small plastic shapes, beads, figures etc</li></ul> <p><b>GLUE THE LID ON SECURELY!</b></p>
	<p>Sensory boxes. Place dried materials in a box and bury objects in it. Some suggestions are:</p> <ul style="list-style-type: none"><li>• Shredded paper</li><li>• Dried rice or pasta</li><li>• Wood shavings or chips</li><li>• Uncooked popcorn</li></ul> <p>Provide scoops, containers, funnels etc. to explore.</p>
	<p>Water play (this can be at bath-time). Use different objects such as:</p> <ul style="list-style-type: none"><li>• Containers to pour</li><li>• Things that float and sink</li><li>• Bubbles</li><li>• Sponges</li><li>• A doll to bath</li></ul>
	<p>'Old MacDonald had a farm' with some dirty animals (in compost) that he needs to clean (provide an old toothbrush etc. to brush the animals with)</p>

	<p>Make up ice cubes with small objects in them, or freeze a small bag of water with objects in it.</p> <p>Provide a bowl of warm water to melt the cubes in.</p>
 	<p>Jelly play. Make up different coloured jellies.</p> <p>Hide objects in when the jelly is made for your child to find.</p>
	<p>Tear pieces of tissue paper or old magazines. Screw up into a ball and stick onto an outline drawing to make a collage</p>
 	<p>Mix up cornflour with a small amount of water and food colouring to make a thick paste (this is very messy play!).</p> <p>There are lots of variations, such as adding cocoa powder to make 'mud' for the farm animals, porridge oats, etc. to make different textures.</p>
	<p>Make a sensory umbrella (great for lying under to chill out).</p> <p>Provide torches to shine onto the umbrella when lying underneath it.</p>
	<p>Squeazy balloons (The Imagination Tree)  1 cup of cornflour  ½ cup hair conditioner  Balloons</p> <p>Mix the cornflour and conditioner together. Break into small pieces and push inside inflated balloons. Tie securely</p>



### Sand clay (The Imagination Tree)

2 cups clean sand  
1½ cups plain flour  
1¼ cups salt  
1 cup warm water

Mix together sand, salt and flour.  
Slowly add water and mix together, making sure it is not too sticky.

Knead dough on a floured surface until stretchy and soft (like playdough)

Use this to make prints, stick shells, beads etc. in to.



Bubblesnakes  
Old plastic bottle  
Socks  
Bubble mixture

Cut the bottom off a plastic bottle.

Pull a sock over the end, up to the top and use sticky tape to hold in place.

Dip sock-covered end into bubble mixture.

Blow through the top end.