

Sensory Play Ideas

There is so much to learn from sensory play and it's a great way to keep your kids engaged and motivated. Get them to help with making the resources - if you have older kids at home they can help follow recipes/ instructions etc. too - get the whole family involved! You could even get your older kids to write their own recipes/ review the different activities - or you could even film a family blog to share with friends the activities you like the most. Use these as a guide, but feel free to find your own alternatives/ adapt and change the activities.... Especially be creative if ingredients are hard to track down - and make sure to let others know the solutions you find!

Very Messy	Slightly Messy	No Mess
<p>Shaving Foam</p> <p>Activities:</p> <ul style="list-style-type: none"> • Writing/ Mark Making https://www.youtube.com/watch?v=NM-KbR6lCDE 	<p>Playdough</p> <p>Recipe: https://www.bbcgoodfood.com/howto/guide/playdough-recipe</p> <p>Activities:</p> <ul style="list-style-type: none"> • Dough disco https://www.youtube.com/watch?v=DrBsNhwxyzgc • Playdough mats https://www.playdoughtoplato.com/100-free-playdough-mats/ 	<p>Paint Sensory Bags</p> <p>Instructions: https://www.youtube.com/watch?v=OOXaRtp8bTA:</p> <p>Activities:</p> <ul style="list-style-type: none"> • Mixing colours • Mark making/ Writing • Uncover hidden pictures (stick a page beneath the bag)
<p>Finger Painting</p> <p>Activities:</p> <ul style="list-style-type: none"> • Free mark making - just let them be creative and explore • Finger pictures https://www.momjunction.com/articles/finger-and-thumb-painting-ideas-for-kids_00382401/ 	<p>Coloured Rice/ Pasta/ Spaghetti/ Cereal</p> <p>Rice: https://littlebinsforlittlehands.com/dye-ric-e-sensory-play-colored-rice/</p> <p>Pasta: https://www.cbc.ca/parents/play/view/play_date_idea_pasta_necklaces</p> <p>Spaghetti: https://theimaginationtree.com/messy-play-rainbow-spaghetti/</p> <p>Cereal: https://sugarspiceandglitter.com/cereal-sensory-bin/</p>	<p>Fine Motor Sensory Bags</p> <p>Instructions and Activities:</p> <ul style="list-style-type: none"> • Colour sorting https://handsonaswegrow.com/color-sorting-sensory-bag/ • Maze https://www.raisingdragons.com/ball-maze-sensory-bag-age-s-2-5/ • Making pictures e.g. https://daniel4smom.com/2017/10/decorating-robots-sensory-bags.html • Making words/ matching letters (or do the same with numbers) https://funlearningforkids.com/alphabet-sensory-bag/
<p>Water Play</p> <p>Activities:</p> <ul style="list-style-type: none"> • A great one for keeping germs away - give them a bowl of warm soapy water and get them to wash their toys • Sink or float experiments - just use items from around the house. • Alphabet soup (or do the same with numbers) https://busytoddler.com/2019/07/alphabet-soup-sensory-activity/ 	<p>Leaves</p> <p>Find leaves in your garden/ collect some when next out for a walk. Dry them out first if wet!</p> <p>Activities:</p> <ul style="list-style-type: none"> • Sort the leaves by size/ shape/ colours • Leaf printing https://www.firstpalette.com/craft/leaf-prints.html • Leaf collage https://www.activityvillage.co.uk/autumn-collage 	<p>Sensory Bottles</p> <p>Instructions: https://childhood101.com/sensory-bottles/</p>

<p>Ice Play</p> <p>Instructions and Activities:</p> <ul style="list-style-type: none"> • Ice excavation: https://www.funathomewithkids.com/2014/05/rainbow-ice-to-weather-excavation.html • Ice painting https://www.youtube.com/watch?v=yYdW4u1uGzI • Egg hatching https://www.messarounduk.com/blog/make-frozen-dinosaur-eggs/ 	<p>DIY Stress Balls</p> <p>Instructions: https://www.youtube.com/watch?v=Fz5jEBdJM84</p>	<p>Shadow puppets</p> <p>Instructions: https://wehavekids.com/education/shadow-puppet-theater</p> <p>Activities:</p> <ul style="list-style-type: none"> • Act out your favourite stories • Make up your own stories - maybe even include family members!
<p>Mud (outdoor)</p> <p>Activities:</p> <ul style="list-style-type: none"> • Bug hunt: how many different bugs/ insects/ worms etc. can they dig up/ find? https://www.bnhs.co.uk/young-nats/to-do/garden-bug-hunt/ • Mud kitchen roll play - make mud pies/ cups of mud coffee etc. • Build a rock garden. • Plant some seeds! 		<p>Ribbons/ Scarves</p> <p>Activities:</p> <ul style="list-style-type: none"> • Write Dance https://www.youtube.com/watch?v=MHungfllLkQ
<p>Slime</p> <p>Instructions: https://www.youtube.com/watch?v=Fz5jEBdJM84</p>		