

Sensory Fun



Loads of play ideas to stimulate the senses

Modelling Dough

- 2 cups salt
- 1 cup corn flour
- 1 cup warm water

1. Mix in pan on a low heat.
2. Model.
3. leave to harden or cook on low heat.

Great dough that is very smooth and soft. Hardens quickly and paints well.

Clean Mud

- 1 bar 'Dove' soap
- 1 roll toilet paper
- 1 gallon of water

1. In a large tub layer up toilet roll.
2. Grate soap and sprinkle over paper.
3. Add warm water.
4. Leave over night .
5. Use to make models.

Shaving foam

- Spray foam onto table/ tray.
- Allow children to spread around, draw patterns or letters with fingers.
- Add powder paint mix colours.
- Take prints by putting paper on top.

Use sensitive shaving foam

Bubble Squish

- Pour bath foam on table add a yogurt pot of water and mix with hands. Continue as above.
- Alternatively use no tears shampoo if there is a risk of children rubbing eyes.

Sensory Fun

Marshmallows

Melt in microwave, very sticky.
Add washing up liquid to make slimy and bubbly

Mashed Potato

Instant, allow children to mix with Water, add food colouring.

Other substances to explore

Hair gel
Moisturiser
Vaseline
Baby massage gel

Sand Ideas

Add a splash of water and washing up liquid for another sensory element.

Add food colouring too.

Add PVA glue and a dash of paint, allow to play on card and then dry to create longer term creation.

Use in a shallow tray, add paintbrushes and allow to make marks

Add glitter.

Add metal objects and play using magnets for children to find the objects.

Put a shallow amount of sand on top of a bright picture or mirror children move sand until they find picture.

Cereal

Chereos

*Thread

*Float on Water

Rice Crispies

Add water & Colouring, listen & squish

Wheat Biscuits

*Float on water

*Mix with water

Cornflakes

Add water and colour

Oats

Dry-avoid excessive eating.

Add water- Squishy & silky

Pasta

Pasta shapes/ spaghetti
 Food colouring
 Water
 Cooking oil

1. Cook pasta according to packet.
2. Add food colouring to water before cooking and plenty of oil to prevent sticking and make it slimy.
3. When cooked, rinse well with hot water

Supermarkets do nice range of shapes to suit a range of topics.
 Use noodles (Chinese, Japanese, rice, super noodles) instead they usually just need soaking in hot water.

Natural Play

- **Soil:** Add dinosaurs, bugs, animals, garden tools, pots etc.
- **Turf:** Add dinosaurs, animals, tractors, small people etc.
- **Autumn leaves:** Give children a wheel barrow to collect and put into paddling pool to jump in.
- **Hay/ straw:** Smells great, children can make nests, feed animals etc. Provide hay bail to pull apart great for motor skills.
- **Feathers:** Large amount of craft feathers in paddling pool to sit in.
- **Shells:** A large selection presented on blue material, shiny metal trays or child safe mirror.
- **Pine cones:** Loads of sizes in basket

Tapioca

- Packet Tapioca
- Water
- Food colouring

1. Allow children to explore dry tapioca in great alternative to sand feels great, but can become very static.
2. Boil tapioca according to instructions using water instead of milk, add food colouring.

Great for putting in the water tray as frogs spawn

Cellulose slime

- Cellulose powder
- Water
- Food colouring

1. Mix water and powder according to instructions, stir quickly slowly adding powder
2. Leave over night.
3. Add food colouring.

Cellulose powder available from School suppliers used for Paper Mache.

Colour Mixing

Play Dough

Give children balls of primary Colours, allow them to mix.

Hand Painting

Paint one hand one colour the Other another rub hands Together to make new one.

Water

Add primary coloured food colour to clear pots of water. Use syringes or pipettes to transfer water to another pot to create new colours.

Icing Sugar Painting

Icing Sugar

Powder paint
water

1. Make a thin solution of icing sugar spread over paper.
2. Sprinkle powder paint over paper.
3. Allow to dry (Takes a long time)
4. Dries shiny.