

# Sensory Play Ideas



# The Benefits of Sensory Play

**Sensory play includes any activity that stimulates your child's senses: touch, smell, taste, movement, balance, sight and hearing. Sensory activities facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore.**

- **It encourages the development of motor skills.**
- **It encourages 'scientific thinking' and problem solving.**
- **It can involve mindful activities which are beneficial for all children.**

**The activity you made with your child may be the tool that he/she needs to support their sensory system and your child just learned what he/she needs in order to find comfort.**

# How to make Easy Slime



# Ingredients

- **Bowl**
- **Wooden spoon**
- **1 bottle of glue**
- **Food coloring any color**
- **1 ½ tsp saline solution**
- **Optional ½ tsp of glitter**
- **Zip bag**

# & Directions

- **Pour bottle of glue into bowl**
- **Then add a few drops of your favorite color of food coloring**
- **Mix well**
- **Next add saline solution**
- **With your hands knead slime until it holds together**
- **Last store in zip bag for an hour**
- **Then play with slime**

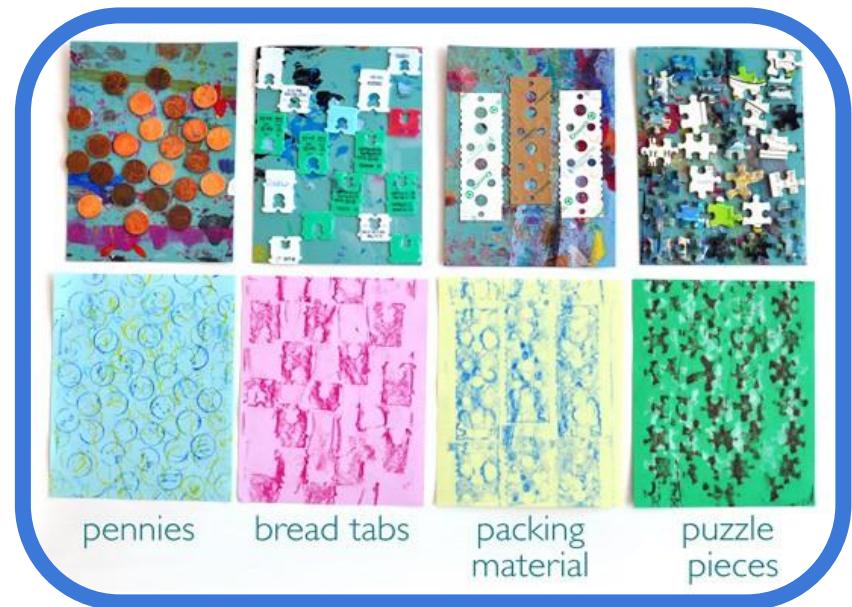
# How to Make Play-doh



# Ingredients & Directions

- **1 part conditioner**
- **2 parts corn flour or cornstarch**
- **Food coloring optional**
- **Bowl**
- **Zip bag**
- **Pour flour and conditioner into a bowl**
- **Mix well**
- **Then add food coloring**
- **Mix well using your hands**
- **Have fun molding, squishing and playing with your playdoh**
- **Last store play doh in bag when done.**

# Easy Crayon Rubbing to Explore Texture



# Supplies & Directions

- **Crayons**
- **Paper**
- **Bring the activity outdoors**
- **Find items in house that has texture such as sandpaper, buttons**
- **Explore the outdoors, tree barks, leaves, bricks, sidewalks**
- **Peel any color crayon**
- **Place paper on top of item**
- **Then rub crayon on paper and watch the texture come through**
- **Rotate paper so you can get different patterns**



What's in that Bag?



# Supplies & Directions

- **Brown bag or any dark bag**
- **Any items in your home or outside**
- **Pencils, sunglasses, coins, candy, beans, rocks, leaves, sticks, nuts, bolts, tools etc**

**Place a few items in a bag then have child grab item while still in bag and guess what's in the bag.**

# How to make Rainbow Soap Foam



Fun at Home with Kids

# Ingredients & Directions

- **1/4 dish soap**
- **1/2 cup of water**
- **2 tbsp of flour**
- **Food coloring optional**
- **Bowl**
- **mixer**
- **Add soap, water and flour into a mixing bowl-you can add a few drops of food coloring this is optional.**
- **Whip in medium till stiff peaks forms.**
- **Then play!**

# Shaving Cream Painting



*Learning and Exploring Through Play*

# Ingredients & Directions

- **Shaving cream**
- **Food coloring**
- **Paint brushes**
- **Tray**
- **Bowls**
- **paper**
- **Add shaving cream to several bowls**
- **Next add a few drops of food coloring**
- **Mix well**
- **Paint with paint brush or with hands**

# Rubbery Goop



# Ingredients & Directions

- **2 cups (baking soda)**
- **1 ½ cups water**
- **1 cup of cornflour  
(corn starch)**
- **Food colouring  
(optional)**

- **Combined all ingredients into a saucepan.**
- **Mix the ingredients together using a whisk to remove lumps.**
- **Heat on stove stirring with a wooden spoon.**
- **Bring the mixture to the boil continuously stirring.**
- **Small lumps will begin to appear, continue to stir until a thick mixture has formed.**
- **Remove from stove. Be careful the Rubbery Goop will be very hot!**
- **Knead together to form a smooth ball of Rubbery Goop.**
- **Store in a plastic zip-lock bag or air tight container.**



# Squishy Bags



# Ingredients

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# Directions

- **1 cup of flour**
- **6 tbsp of water**
- **Food coloring**
- **Zip bag**
- **Bowl**
- **Spoon**
- **Tape**

- **Put flour in bowl**
- **Then add few drops food coloring**
- **Next add water**
- **Then mix well**
- **Last put in zip bag**
- **Before closing zipbag, place flat on table and remove any excess air. Then close. After removing air, zip close then add tape. Bag used to write on top, squish, create patterns etc...**

# Homemade Paint

## Ingredients & Directions

- **4 Tbsp of (corn starch)**
- **Cold water**
- **1 Cup of boiling water**
- **Food colouring**

# How do germs get on my hands?



# Washing your hands video



# How to Teach Children about Germs Experiment.



# What you need

- **Bowl**
- **Warm Water**
- **Soap**
- **Glitter or any seasoning.**
- **Hand towel or paper towel**
- **Add warm water to bowl then sprinkle glitter or seasoning.**
- **Have child put finger in water. Make an observation by asking “wh” questions. Ex. what do you see? What do you feel? How can we get germs off finger?**
- **Next have child put soap on finger then back in water, then watch the germs scatter. Again asking “wh” questions**
- **“Why did the germs go away?”  
“What did you do to make them go away?”**