












# Sensory Activities

Here is a list of fun sensory activities that you could try at home (some are messier than others!)

	<p>Shaving foam</p>	<p><b>Shaving Foam</b> Use shaving foam on a flat surface, explore the texture and smell. Encourage your child to make patterns in the shaving foam, you could try drawing shapes, letters and numbers.</p>
	<p>Flour Sieve Washable toys</p>	<p><b>Flour</b> Let your child explore shaking flour through a sieve over their toys to create a flour silhouette. You could explore making patterns in the flour, and make our letter of the day.</p>
	<p>Flour Salt Water Colouring (optional) Flavouring/scent (optional)</p>	<p><b>Play-dough</b> We have a fabulous play-dough recipe which we use in class seven and works every time! You could explore building a face and naming the parts, making worms, splitting in to sections to count, forming the letter of the week or just enjoying the squashy experience. <a href="https://www.bbcgoodfood.com/howto/guide/playdough-recipe">https://www.bbcgoodfood.com/howto/guide/playdough-recipe</a></p>
	<p>Bowl Cornflour Water Food colouring (optional) Washable toys (optional)</p>	<p><b>Gloop</b> Make gloop with cornflour adding a small amount of water at a time. Let your child mix in the water and feel the changes in the mixture. Let them explore squeezing the mixture in a fist and feeling it go hard and solid then as they relaxing the gloop returns to its runny form. You can introduce food colouring and washable toys to extend this activity.</p>

	<p><b>Water</b> A range of safe containers Food colouring (optional)</p>	<p><b>Water</b> Explore playing with water, pour it between containers and use this to reinforce the language of 'full' and 'empty'.</p>
	<p><b>Water</b> Washable toys Bowl or container</p>	<p><b>Ice</b> Children like to explore ice, make large ice shapes using bowls or boxes for your child to explore. You may want to use some toys alongside this or even freeze a toy inside the ice block. You could then pour over warm water to release the toy.</p>
	<p><b>Natural objects in your garden</b></p>	<p><b>Natural Objects</b> Go on a scavenger hunt in the garden and see what natural objects you can find, you could count the leaves, sort into colours, compare sizes of objects or lengths or sticks and use the language around those comparisons.</p>
	<p><b>Oats</b> Spoons of different shape and sizes Bowls of different shape and sizes</p>	<p><b>Oats</b> Explore the texture of the oats together. Encourage the child to use a spoon to share the oats between different bowls helping to develop hand eye coordination.</p>

	<p>Bowls Small toys Cereals</p>	<p><b>Cereal</b> Cereals come in lots of different shapes and textures you could use a range of bowls to hold different cereals. Hiding objects in the bowls for your child to find. You could hide a different number in each bowl and count them as your child finds them. Explore the different textures and noises from the cereal.</p>
	<p>Spaghetti Colander</p>	<p><b>Raw Spaghetti</b> Support fine motor and hand-eye coordination skills with this tricky posting activity. Encourage children to push the spaghetti through the holes of the colander.</p>
	<p>Spaghetti Washable toys</p>	<p><b>Cooked Spaghetti</b> When you've finished posting your spaghetti you can cook it, once cooled, it makes a fabulous sensory play experience. Children often love the feel of the spaghetti in their hands to squash and squeeze. You could also explore making shapes and patterns with single strands of spaghetti. You could hide toys in the spaghetti and encourage your child to dig them out.</p>