

# My Amazing Body Sensory Pack

## Disclaimer

We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.

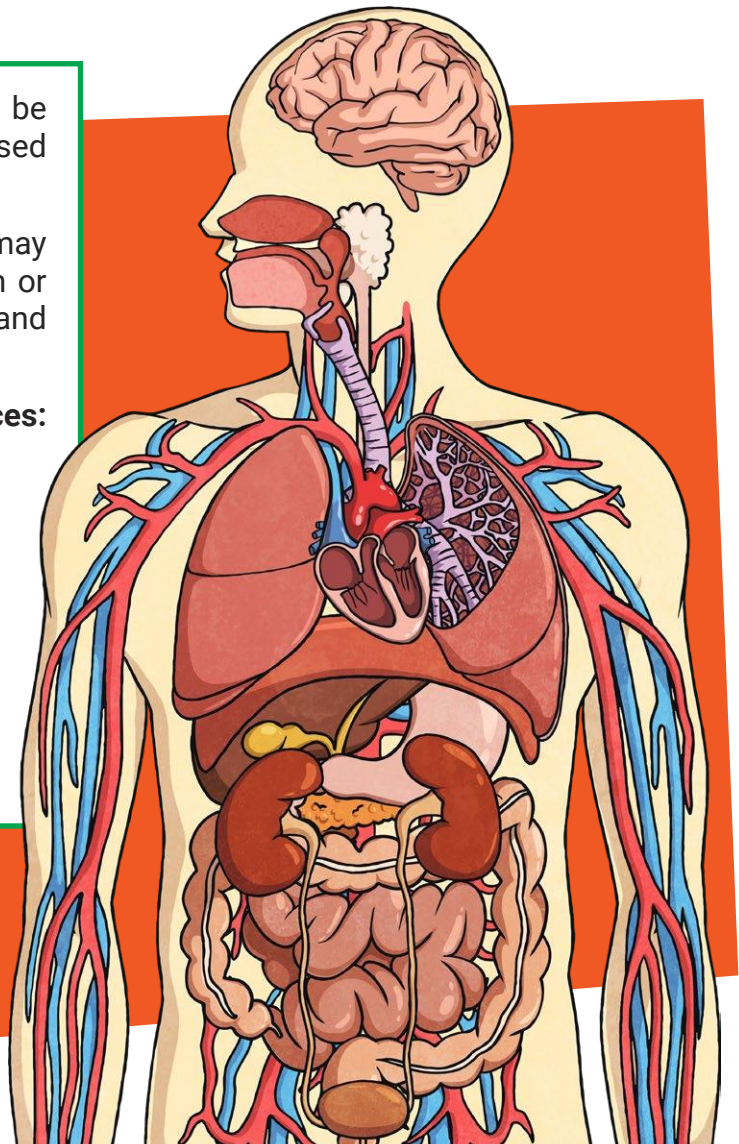
It is your responsibility to note that some ingredients and/or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.

This sensory pack and resources within it can be used to support teaching a theme or topic based on ourselves or the human body.

It can be used alongside a class book that you may be using to teach your pupils, including fiction or non-fiction texts related to the human body and ourselves.

### **This is a pack and includes the following resources:**

- What Is Blood Made Of? Sensory Tray
- Skeleton Sensory Puzzle
- Moving Blood Sensory Tray
- Our Organs Sensory Bags
- Body Part Hunt Sensory Bin
- Organ-Matching Sensory Bin

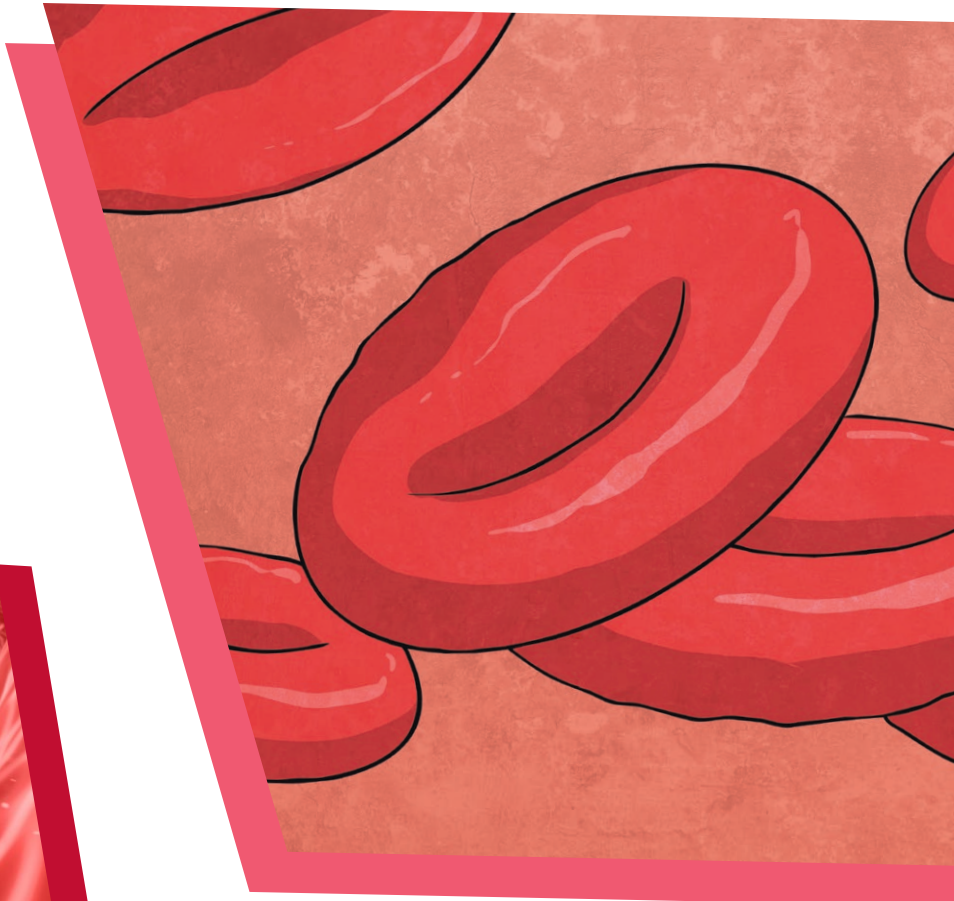
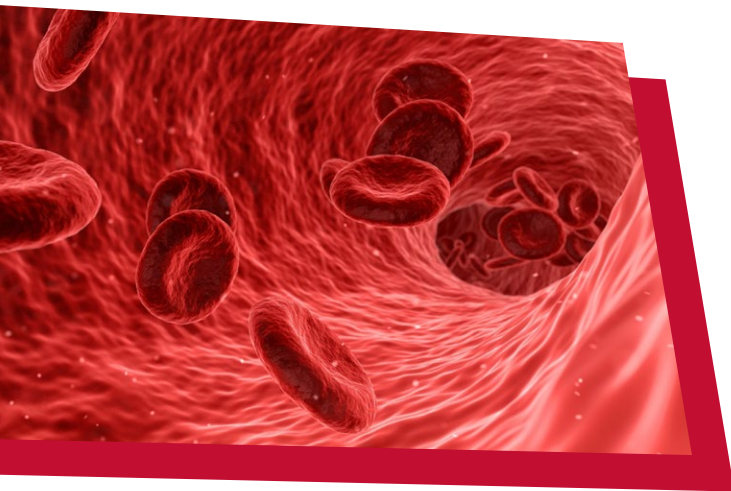


# What Is Blood Made Of?

## Sensory Tray

### You will need:

- Tray
- Water
- Red food colouring
- Red water beads (red blood cells)
- White polystyrene balls or white plastic balls (white blood cells)
- Red plastic/laminated rectangles (platelets)
- Labels – white blood cells, red blood cells, platelets



### Method:

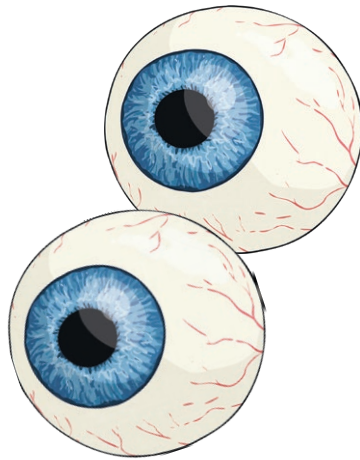
1. Add the water, food colouring and water beads to the tray.
2. Next, add the white polystyrene/plastic balls.
3. Then, add the labels to the tray to show what each part is representing.
4. Encourage children to feel the textures and reinforce key words.



# Skeleton Sensory Puzzle

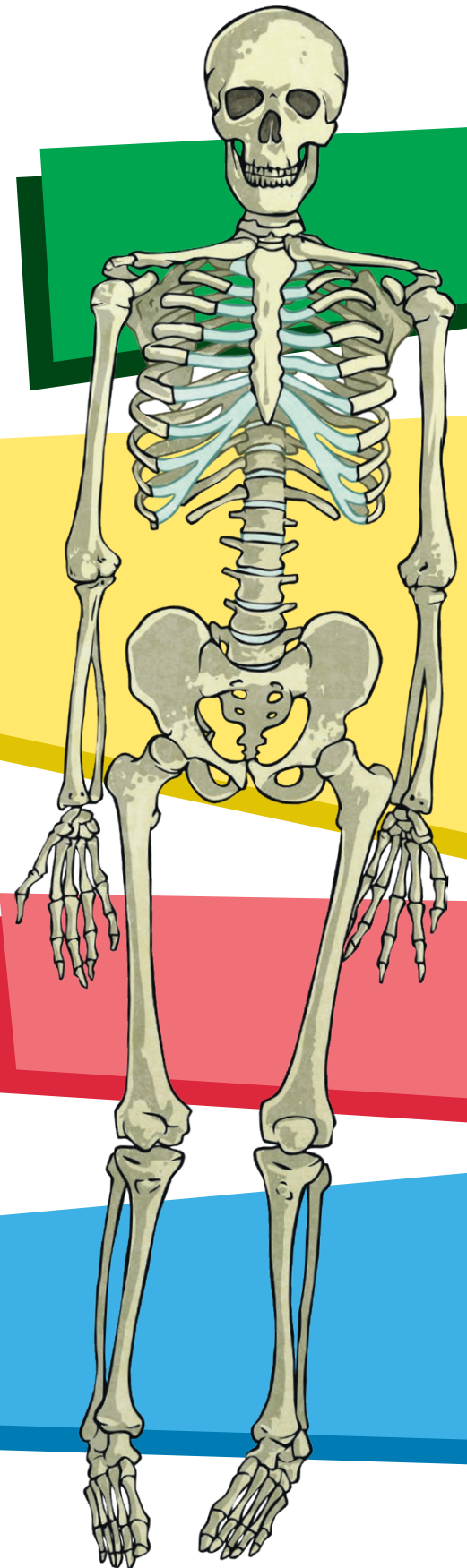
## You will need:

- **Moving Skeleton Sheet**
- Split pins
- Tray
- Dried black beans or black sand
- Plastic eyeballs
- Skeleton props (if available)
- Cotton wool buds



## Method:

1. Print and cut out each part of the **Moving Skeleton Sheet**.
2. Set up the tray by hiding the skeleton cut-outs in all of the materials except for the split pins.
3. Encourage the children to explore the tray and find all of the skeleton pieces. Once they have all been found, help the children use split pins to carefully attach the skeleton together.

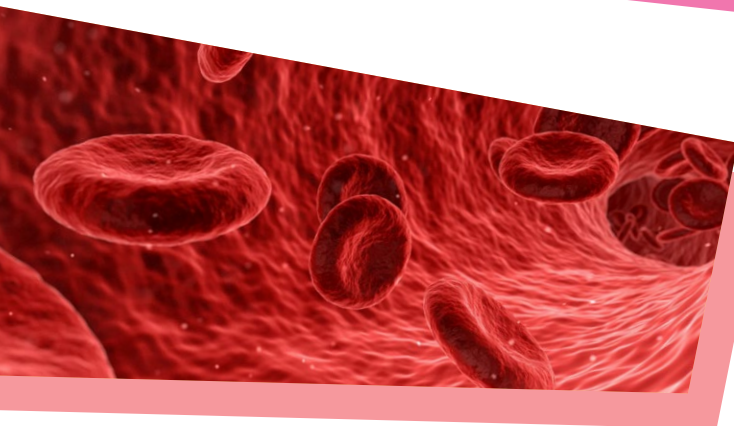
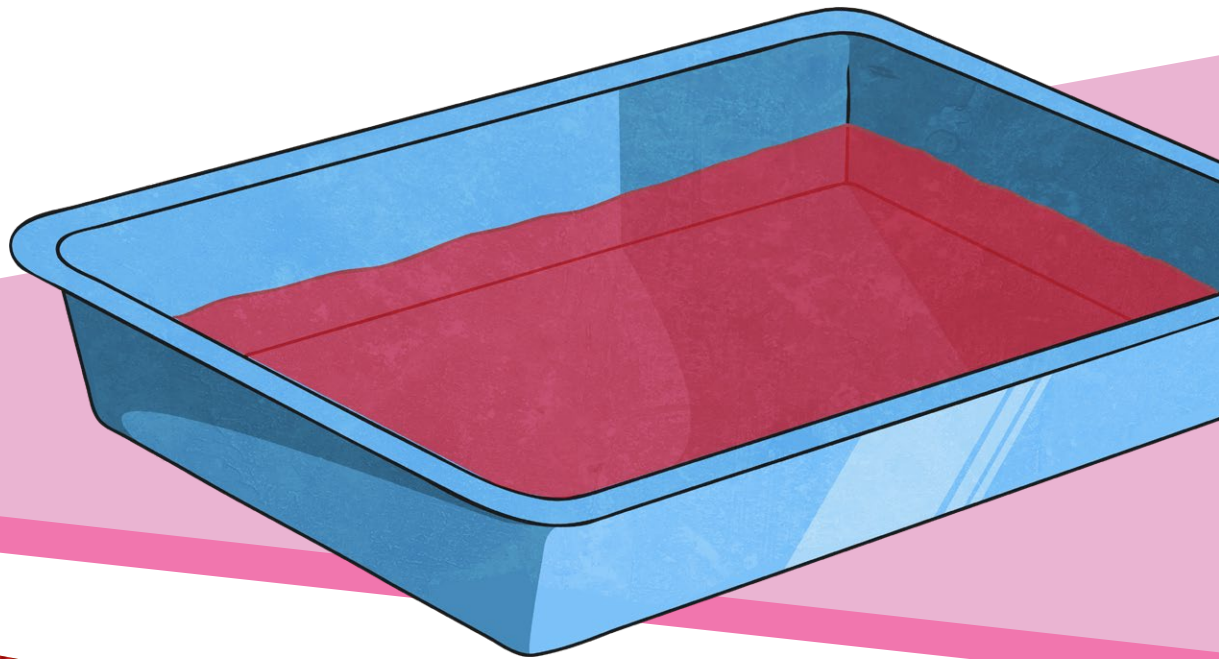


# Moving Blood

## Sensory Tray

### You will need:

- Tray
- Water
- Red food colouring
- Funnels
- Pumps



### Method:

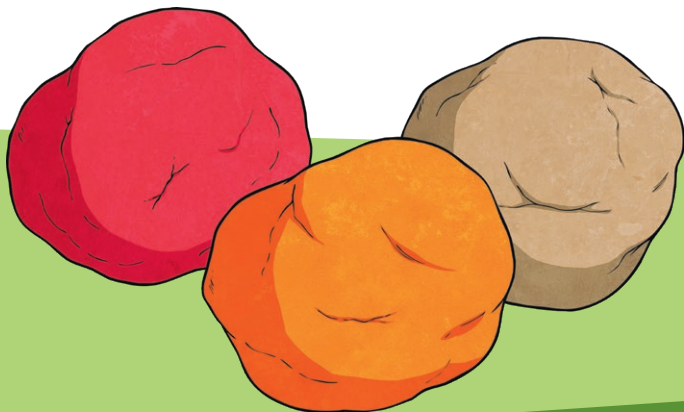
1. Create a feely tray for children to explore how blood moves by letting them pour and tip the water through funnels.
2. Add extra toys/materials, such as pumps, for children to explore the water with.

## You will need:

- Clear ziplock/sealable bags
- Sticky tape
- Water
- Vegetable oil
- Food colouring
- Cooked spaghetti to represent intestines
- Playdough to represent heart/liver (use different colours)
- Small balloons to represent lungs

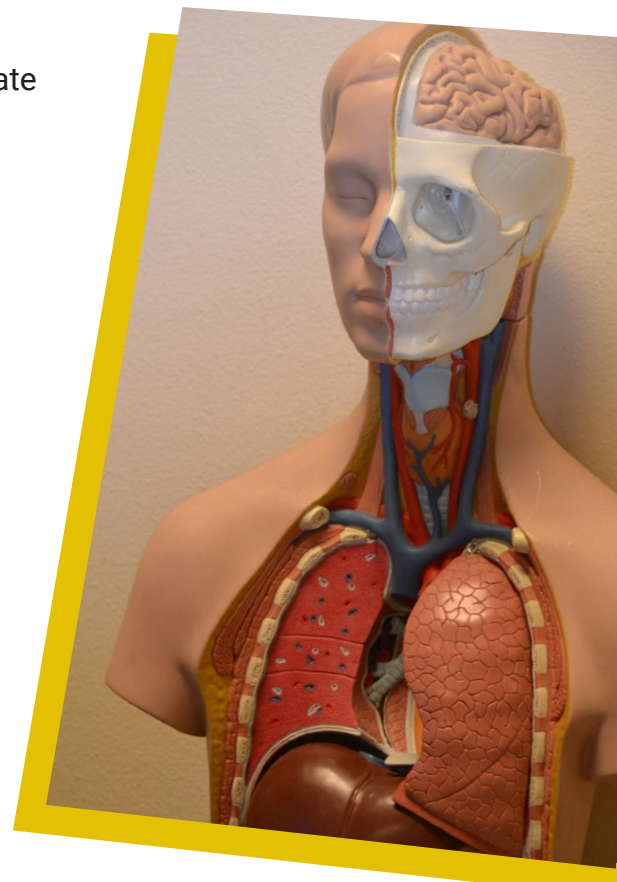
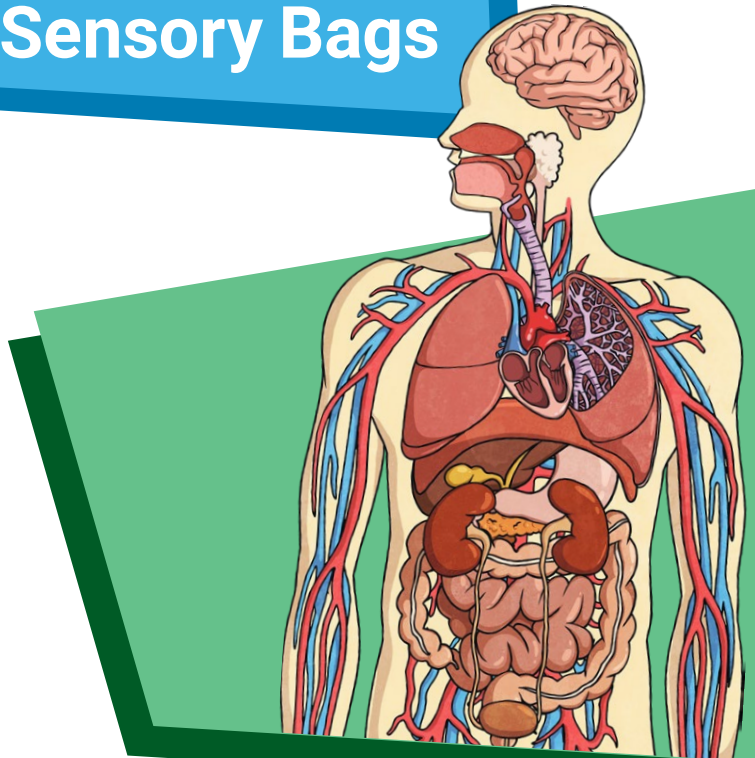
## Method:

1. Add water, food colouring and vegetable oil to each of the clear ziplock bags.
2. Add one of the other items to the each bag to make a separate bag for exploring each organ.
3. Once all the materials are in the bag, add sticky tape to avoid leakages.
4. Label the bags, if required, with which organ they represent.
5. Use these bags to support teaching of the human body.



# Our Organs

## Sensory Bags



## You will need:

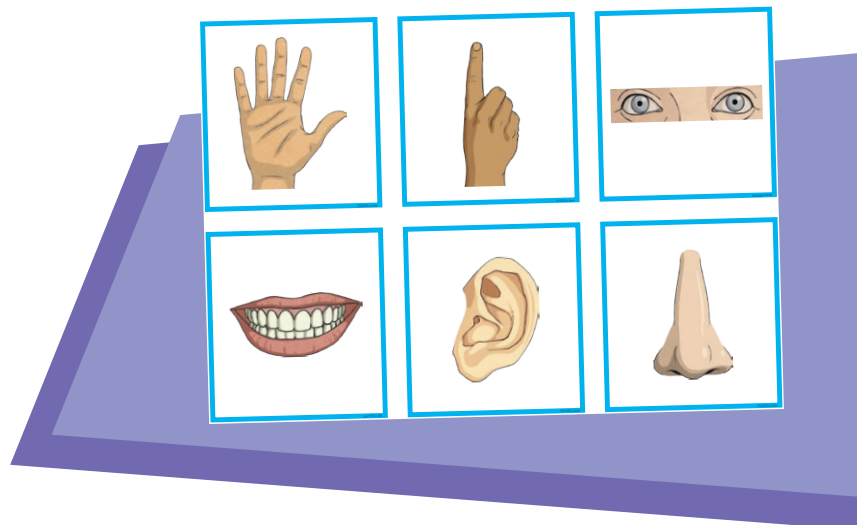
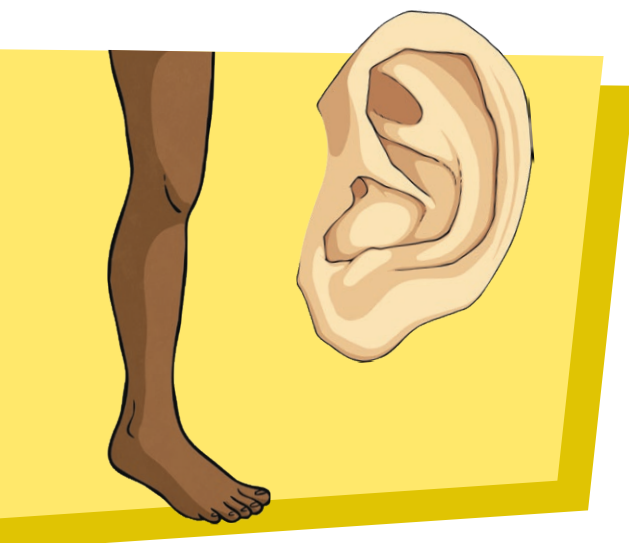
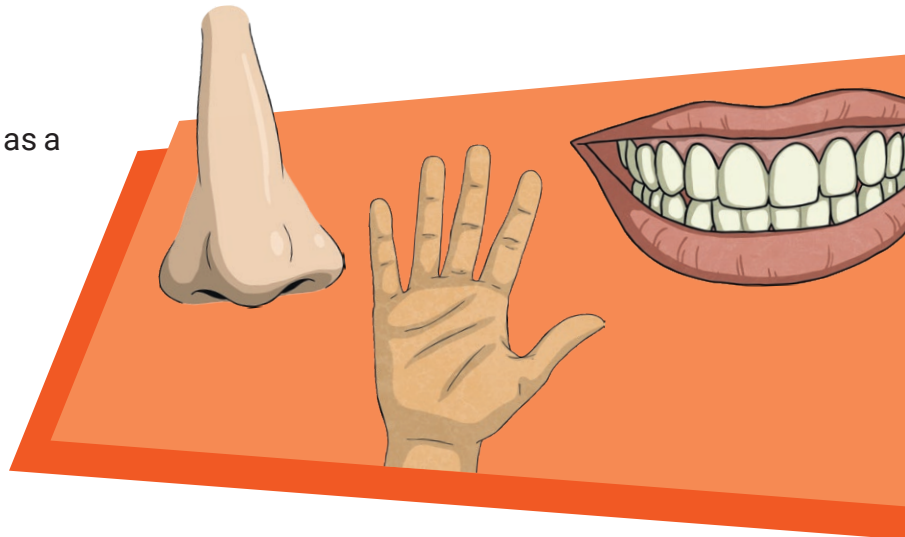
- Bin, tray or container
- Something to fill the bin/tray/container, e.g. popcorn seeds, dried black beans
- **Body Parts Pictures**
- A second copy of the **Body Parts Pictures** as a laminated mat
- Velcro

## Method:

1. Print, cut out and laminate the pictures of the different body parts.
2. Print and laminate a second set of these pictures to make a body parts mat.
3. Add Velcro to the individual pictures and the pictures on the mat so children can match the pictures together.
4. Add the popcorn seeds, or whatever you want to use, into the sensory bin.
5. Hide one set of pictures in the sensory bin.
6. Encourage the child to find each picture and name it before placing it on its matching picture on the body parts mat.

# Body Part Hunt

## Sensory Bin



## You will need:

- Bin, tray or container
- Something to fill the bin/tray/container, e.g. water beads, cooked spaghetti
- **Organs Pictures**
- A second copy of the **Organs Pictures** as a laminated mat
- Velcro

## Method:

1. Print, cut out and laminate the pictures of the different organs.
2. Print and laminate a second set of these pictures to make an organs mat.
3. Add Velcro to the back of the individual pictures and the pictures on the mat so children can match the pictures together.
4. Add the water beads, or whatever you want to use, into the sensory bin.
5. Hide one set of pictures in the sensory bin.
6. Encourage the child to find each picture and name it before placing it on its matching picture on the organs mat.

# Organ-Matching

## Sensory Bin

