

Sensory Fun



Loads of play ideas to stimulate the senses

Salt Dough

4 cups of salt
1 cup of corn flour
Water

1. Mix salt and corn flour in pan
2. Add enough water to form a paste.
3. Cook over medium heat stirring constantly.

Sand Dough

1 cup sand
 $\frac{1}{2}$ cup corn flour
 $\frac{3}{4}$ cup hot water

1. Mix ingredients in pan
2. Cook, until very thick.
3. Let models dry in sun for 12 hours

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.

Corn flour dough

1 cup corn flour
1 cup warm water
1 tbs oil

1. Mix in pan, cook until thick.
2. Makes a smooth dough.

Fruity Putty

0.3 ounce sugar free jelly powder.
2 cups flour
1 cup salt
4 tbsp cream of tater
2 tbs cooking oil
2 cups boiling water

- Mix dry ingredients in pan.
- Add boiling water and oil stir over medium heat until ball formed.

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

Goop

1 cup corn flour
Water

1. Put corn flour in tray/ bowl
2. Slowly add water until runny but malleable

Let children play with corn flour before adding water.

Add colouring and peppermint or vanilla essence for smell.

Use instant custard powder- no need to add smell or colour

Cloud Dough

8 parts flour
1 part baby oil

Mix together, it will be soft yet holds together like wet sand.

Add a splash of food colouring.

Use different scents of baby oil, appropriate to colour.

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 Crispiess

Add water &
Colouring, listen
& squish

Cornflakes

Add water
and colour

Wheat Biscuits

*Float on water
*Mix with water

Oats

Dry-avoid
excessive eating.

Add water-
Squishy & silky

Snow

Lux soap flakes
Water

Mix water soap flakes and water using manual and electric whisks

A small amount of water will allow 'snow' to be moulded and left to harden. A greater amount of water will create a great amount of bubbles, provide a range of whisks.

Jelly

- Mould into shapes using jelly moulds.
- Mash up green jelly for swamp.
- Put small objects inside jelly before setting, children explore jelly to get them out.

For those who are sensory defensive set jelly in polythene bag.

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

Supermarket's 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

Flax

Packet of flax
Water

Give to children to play with dry. it
Is very silky and slides between
Fingers.

Add water and boil makes a very
glutinous mixture.

Semolina

1 cup sand
 $\frac{1}{2}$ cup corn flour
 $\frac{3}{4}$ cup hot water

Use as an alternative to sand, it has
A lovely texture and great for pouring.
If it gets wet though it forms little
balls.

Allow children to mix with water to
make a very sticky and grainy paste.

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.

Little Scientist

Children love to mix things together to make potions, provide children materials To create their own laboratory for Example clear plastic pots, plastic bottles, Spoons, lolly sticks, pipettes and cloths.

Possible Ingredients

Cooking oil	Water
Vinegar	Ketchup
Baking powder	Corn flour
Baby oil	Flour
Salt	Ice
Sugar	Food colouring
Bicarbonate of soda	

Ice

Put water
into moulds
With children

Freeze
Objects
Into ice.

Grate to
make snow

Use range
Of moulds
including
Large, small
Balloons, gloves

Provide
Salt to
Melt ice.

Add food colouring
Before freezing.
Layer up different
Colours as they freeze.

Put
in water
add
penguins
etc.

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.

Bubble Trouble

1/2 cup of washing up liquid

5 cups water

2 tablespoons glycerine

1 teaspoon of sugar.

(put in microwave for 10 sec's before use for better bubbles)

Unusual Bubble Blowers

Funnels

Plastic tubing

Hula hoops

Rope tied in a hoop

Tennis racquet

Plastic netting

Make huge amount put in large tub

Finger Paint

2 cups white flour

2 cups cold water

food coloring

Add other materials to make it a differing sensory experience

Instead of food colouring use powdered jelly to add colour and strong scent.

Allow children to play with this on a plastic surface then take a print.

Put paint onto a plastic mirror to get a nice reflection back when playing, again take print.

Warm in microwave, just prior to use.

Put in shallow tray and use feet.