

Some ideas for Sensory play activities

Wet Ideas: (these items can be placed in food bags for children who do not like to touch anything wet)

- Make playdough - salt dough is very easy to make and only requires flour, salt and water.
- Mixing flour and water - adding in uncooked rice/pasta/lentils adds a further sensory element
- Gluck - cornflour and water
- Shaving foam or mouldable soup
- Water play
- Food items: such as jelly, custard, beans, soup.
- Cooked pasta or rice
- Wet noodles and spaghetti
- Paint
- Puffy paint - Shaving foam with paint added
- Ice
- Water beads

Dry Ideas:

- Sand
- Dry rice, pasta, lentils, etc
- Shredded paper
- Tinsel
- Beads
- Legos
- Little toys
- Bubble wrap
- Stones, twigs, leaves.
- Cut up straws
- Rain bottle - add cut up straws and dried rice in a bottle, secure the lid and shake.