

# Sensory activity ideas

## Sensory Bottles

### What you will need:

- Recycled bottles or containers
- Water
- Glitter/sequins/buttons/beads
- Oil

Fill Bottles with chosen materials. Add water and oil to bottles and seal shut by gluing or using Sellotape.

Ensure younger children are well supervised when playing with sensory bottles



# Sensory activity ideas

## Listening walk

A listening walk is just a walk around the house, garden or local area and listening out for all the different sounds that you hear. You may not usually notice the birds singing, the wind blowing or the washing machine spinning

Sometimes its fun to make a big pair of listening ears you can wear on your head while you play.

You can make a list of the sounds you hear and afterwards play a game and see how many you can remember from the list without looking!



# Sensory activity ideas

## Playdough

### What you will need:

- 2 cups plain flour
- 2 tablespoons vegetable oil (baby oil/coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar (this just helps with consistency, it still works well without)
- 1 to 1.5 cups of boiling water

Mix the flour, salt, cream of tartar and oil in a large mixing bowl

Stir in the water in small amounts and stir continuously until it becomes a sticky, combined dough

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency! \*

If it remains a little sticky, then add a touch more flour until just right

To add colour into the playdough, mix your choice of food colouring or non-toxic paint into the boiling water and combine.

Adding fresh herbs or spices e.g. cinnamon can create a sense of wonder and exploration



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## Gloop/Gluck

### What you will need:

- 2 cups of cornflour
- 1 cup of water
- A large container or bowl

Place the cornflour into a large container and have the water ready for your child to pour into the container.

Mix the water into the cornflour. It will take some time to mix but encourage your child help you do this

