

More Sensory Inspired Activities

Created for PAMIS by Judy,
Fife Volunteer



Ingredients

- Cornflour
- Baking tray
- Water
- Food colouring & glitter (optional)



Gloop



Method:

Put cornflower on a tray, and mix with a little water.

It goes hard but when lifted up becomes liquid.

You can add food colouring, but be aware you might end up with coloured hands.

Glitter is also nice to add.

Adults and children love this!

Sensory Trays

Method:

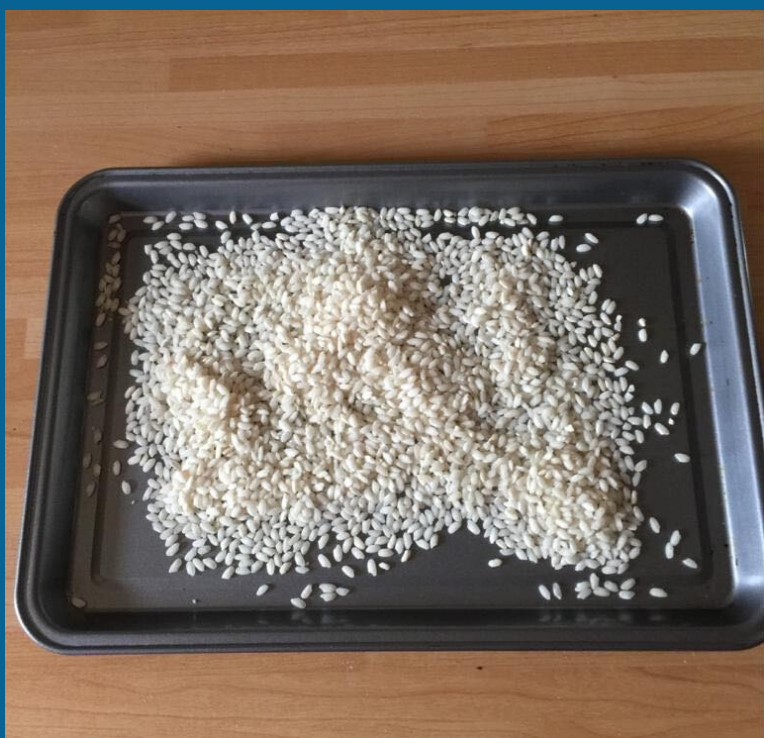
If you don't have a suitable tray try using a basin or a frying pan, as it's shallow and good for access.

Lots of things from the store cupboard are ideal e.g rice, lentils, oats, flour, pasta.

Put them on the tray and allow your child to explore. You can mix different things so there's comparative textures.

Cooled cooked spaghetti mixed with a little oil has a lovely texture.

Make up a jelly and once set it's great to mush fingers through.



Experiment..... have fun!

'Strike up the Band'



Method:

Make musical instruments - warning this can be very noisy!

Raid the kitchen cupboards again, pots, pans, cake tins can be hit or swirled inside with spoons (metal or wooden), whisks, other cutlery and utensils to make a variety of sounds .

Pots, pans, cake tins with pasta, oats, lentils etc swirled round inside.

Grill/cooling racks and cheese graters with spoons swished up and down fast and slow.

Containers e.g Pringles, hot chocolate, gravy granules, empty water bottles and milk cartons can all become 'shakers' filling them with a variety and quantity of materials. To get different sounds you can use gravel, stones, buttons as well as store cupboard ingredients but ensure tops are secured so children aren't tempted to eat any escaping contents.



Sensory Socks

Method:

Get socks or the legs of old tights (clean- it's the sense of touch not smell we're going for here!)

Fill socks with a variety of materials to give different feels e.g bubble wrap, tin foil, pasta, rice, lentils, split peas (if you can get them!) even other rolled up socks.

Other things like sand, earth, jelly can also be used but put them in a well sealed plastic bag first or it could get messy!

Tie a knot or secure with an elastic band.

Now they can be squished, draped on hands, feet, arms, legs, back of neck etc.

Have fun!

