

pamis

promoting a more inclusive society

Sensory. Inspired Art Activities

Created for PAMIS by Caroline from
Making SENSE Creative Services LTD



Ingredients

- Balloon(s)
- Balloon Pump
- Tray or paper plate
- Acrylic or Poster Paint
- Ready mix brush to help with application
- Paper
- Apron
- Soap and water to clean up afterwards!



Balloon Printing

Method:

Choose your colours of Paint and pour them on to a flat surface.

Blow up a balloon - not too full!

Roll the balloon into the paint and roll; press lightly onto paper.

You can fill the deflated balloon with dried rice or a little water to add additional sound and movement when it has been inflated!



Shaving Foam Marbling

Method:

Using a tray or a plastic sheeting/tablecloth, spray some shaving foam.

Add drops of food colour into the foam.

Swirl the colours to make interesting combinations of colour.

Place a sheet of paper onto the shaving foam and press down.

Lift the paper and using the ruler scrape off excess foam to leave your marbled design.



Ingredients

- Shaving Foam (not gel)
- Tray or large sheet of plastic
- Food colours
- Droppers if you have them
- Chopstick or stick
- Plastic ruler
- Paper
- Apron
- Soap and water to clean up

Cheats - batik

Method:

Pencil your design onto the rough surface of the sandpaper.

Alternatively, create your design directly using the wax crayons.

You will need to use a good amount of pressure to make sure there is lots of wax colour on the surface of the sandpaper.

Place your material onto the ironing board.

Put on your iron and iron the reverse side of the sandpaper directly onto the fabric.

Use newspaper to sandwich the underneath of the fabric and on top of the sandpaper- to prevent any hot wax marking your surfaces/or iron.

Remember also the design will be a mirror image, so writing needs to be done back to front!

Ingredients

- Sandpaper
- Wax crayons
- Pencil to draw out design
- Hot Iron
- Surface to print onto; plain cotton, e.g. old t-shirt



Sensory Bags

Method:

Gather up your equipment.

Place several spoonfuls of hair gel into the sandwich bag.

Do not overfill as it could leak! Less is more.

Add your objects of interest -glitter; baubles; small items; tinsel.

Close ziplock bag and use parcel tape to secure.



Ingredients

- Plastic Sandwich Zip Lock Bags
- Hair Gel
- Glitter
- Interesting objects- flowers; bobbles; characters; shiny bits
- Spoon
- Parcel tape to secure bag





Sensory Umbrellas

Method:

Weave the lights through the metal supports and secure the battery pack with parcel ties or tape.

Tie string strands underneath the umbrella and attach your objects to the strings.

Weave scarves, tinsel etc underneath the brolly.

You are creating a beautiful, unique sensory space which is both interchangeable and portable!

Ingredients

- Umbrella, any colour
- String
- Wool
- Cord to hang objects of your choice under the umbrella
- set of battery- operated lights
- Reflective materials
- colourful items- scarves; fabric strands; tinsel