

~ Sensory Play Ideas ~

Exploring the world through our senses is lots of fun...have a try with these ideas and share pictures if you do!

Sensory Bottles



Sensory bottles are lots of fun and very easy to make. You can use dry ingredients such as rice, lentils and pasta, water, glitter, oil, food colouring or almost any other object you can fit in. Why not try making a selection and use them as instruments to make some wonderful music.

Painting with Balloons



This activity provides an opportunity to develop manipulation and fine motor skills, picking up and using the balloons, as well as colour recognition, pattern making and different ways to create marks. Why not try dabbing the balloons onto the paper as well as rolling them around or dropping them from above the paper.

Ice Egg Dinosaurs



While we are enjoying the sunny and warm weather why not excavate some dinosaurs (or any other object your young person enjoys) from frozen eggs. Simply place the object into a balloon, fill with some water and freeze. You could try different ways to break the ice such as melting or using tools and investigate which works best. Alternatively place them into a water tray or paddling pool to play with whilst enjoying water play.

Homemade Playdough

This recipe always gives great results for playdough. This can then be used to develop fine motor skills through pinching, pressing, twisting and pulling with your hands. It can be used for construction and teamed with cookie cutters and rolling pins to great different shapes and models. Maybe make a few colours and see what happens when you mix them together or add different scents such as mint or lemon.

You will need:

8 tbsp plain flour

2 tbsp table salt

60ml warm water

food colouring

1 tbsp vegetable oil

Mix the flour and salt together before adding the other ingredients and mixing together.