



Try these Sensory activities at home.

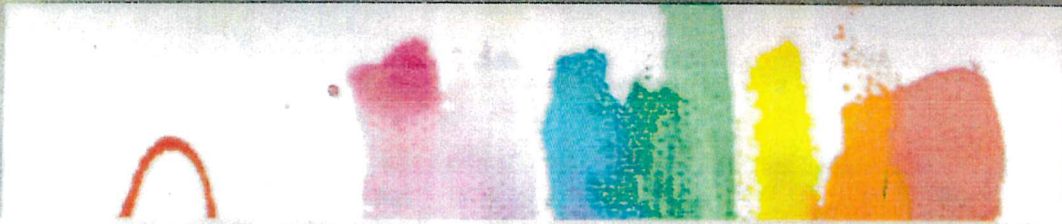
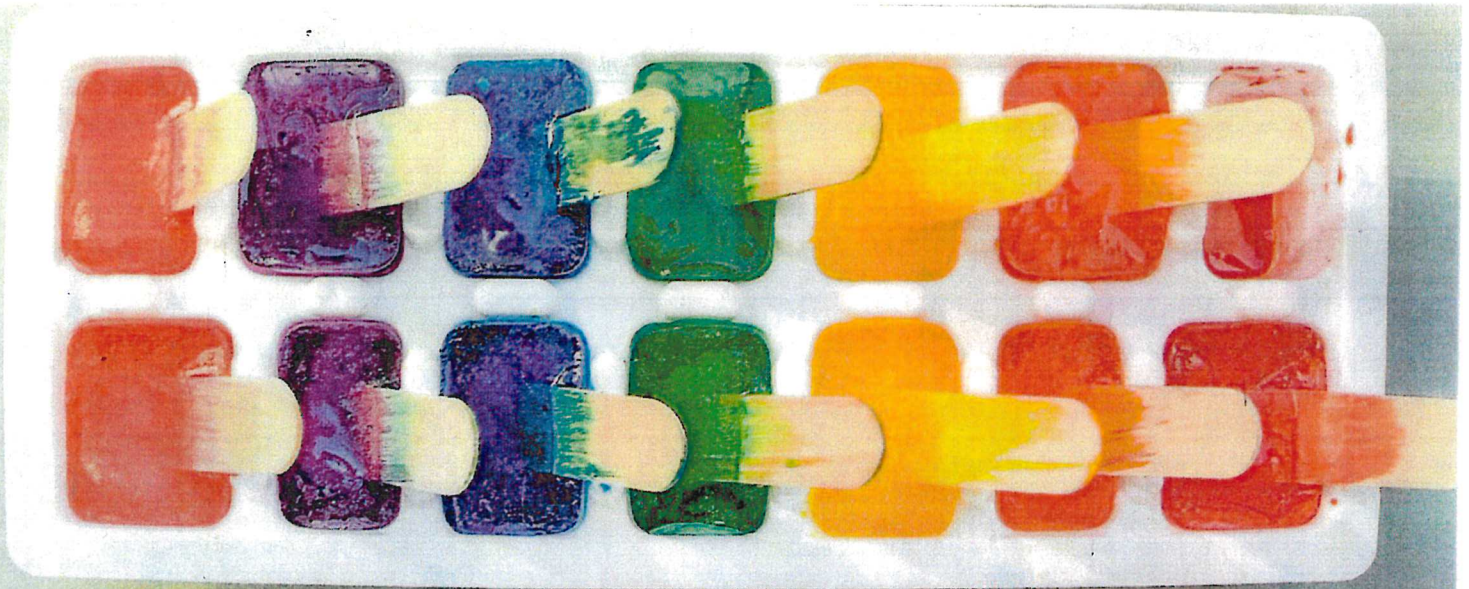
Cereals	<ul style="list-style-type: none"> • Thread hoops onto string. • Place in tray with pots, spoons, bottles and so on. • Make gooey paste for mark making.
Couscous	<ul style="list-style-type: none"> • Place in a tray with funnels, spoons, bottles and pots. • Pour into bottles to make a shaker and add glitter or sequins for added sparkle. • Add to paint to give a different texture.
Clay	<ul style="list-style-type: none"> • Make models of animals, pots, people and so on. • Create imprints from stones, sticks, leaves.
Gloop made from cornflour, water & food colouring	<ul style="list-style-type: none"> • Place in tray and encourage to push along with fingers, • Encourage to squeeze in hand then open hand and watch the ball melt. • Make makes with fingers. • Use with spoons, pots, funnels & bottles.
Ice	<ul style="list-style-type: none"> • Place ice cubes in tray to explore. Place items in cubes for children to melt and find the objects. • Fill a balloon with water & freeze overnight. Place on tray and remove balloon. Allow children to feel balloon & see how long it takes to melt. • Add food colouring to ice cubes and place in a tray or bowl. Watch what happens to the colours as the cubes melt.
Jelly	<ul style="list-style-type: none"> • Place in tray with spoons, bottles and pots. • Add animals for imaginative play.
Wet/dry sand	<ul style="list-style-type: none"> • Place in tray & add snakes, lizards and so on logs, stones to make a reptile habitat. • Spades, buckets and flags to make sand castles from wet sand. • Moulds, boxes, bottles, pots and sieve to pour dry sand. • Add numbers or letters to bury to have a letter/number hunt. • Add stones, logs, leaves & toy dinosaurs to make a dinosaur land. • Add cars, trucks, diggers, dumpers to make a building site.
Soapy Sand	<ul style="list-style-type: none"> • Place cover on table. Add sand, water and washing up liquid and mix together with hand. Watch as the colour

	of the sand changes and bubbles appear in-between your fingers.
Soil	<ul style="list-style-type: none"> Place in tray, add logs, leaves, twigs, stones. Place animals, insects or dinosaurs to make a habitat. Add pots, spades, buckets, rakes for children to dig, fill and pour from pots. Plants flower, herbs & vegetable seeds and watch them grow.
Mud	<ul style="list-style-type: none"> Old bowls, pots, spades, spoons, mud, water to make mud pies, soups and magic potions. Place diggers, trucks, dumpers, tractors to make a building site or a farm.
Spaghetti, noodles, cooked & uncooked pasta	<ul style="list-style-type: none"> Thread dried pasta onto string to make necklaces, worms or snakes. Stick to card or paper plates to create collage. Add pots, spoons, kitchen utensils for scooping, lifting and filling. Add to bottles to make shakers. Place a plant pot upside down and place straws into the holes. Ask child to thread cooked pasta onto the straw.
Tomatoe sauce	<ul style="list-style-type: none"> Squeeze onto table and allow children to make marks with their hands. Squeeze onto tray and encourage children to scrape an old comb through the sauce to make marks.
Rice	<ul style="list-style-type: none"> Colour dry rice by mixing it in a bowl with food colouring. Place in tray with spoons, pots, bottles to fill and pour.
Flour, salt or sugar	<ul style="list-style-type: none"> Place in tray with pots, spoons, bottles etc. Add cars, trucks, trains to create marks. Add polar bears, penguins to create a cold habitat.
Playdough	<ul style="list-style-type: none"> Add rolling pins, cutters, plastic knives to make cakes, biscuits and food. Add twigs, stones and leaves to make models of people, monsters, insects or animals. Roll into long shapes to make snakes and worms. Introduce rulers to measure how long they are. Add glitter, ginger, curry powder to promote extra use of senses.
Shaving foam	<ul style="list-style-type: none"> Make marks with fingers, combs or cars. Add animals to play in pretend snow.
Paint	<ul style="list-style-type: none"> Use fingers and hands to make prints.

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| | <ul style="list-style-type: none">• Mix in sand, tea leaves and so on to change the texture.• Use cotton buds to dip in paint to encourage fine motor skill.• Place paper in bowl and cover marbles in paint. Roll marble in tray to make marks and patterns. |
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Your role as parents

1. Safety - check objects for rough or sharp edges before play. Decide the best and safest place to carry out the activity, and remember that sand and other messy ingredients can be slippery when spilt on the floor. Don't use items that your child is allergic to and ensure that the children wash their hands afterwards.
2. Stimulating resources - ensure that the items that you add to the activity are appropriate for the age and stage of your child. Giving toys that are too young for a child will be dull as they will not challenge or advance their skills further.
3. Space - Provide lots of space for the activity, as children will need extra space to manoeuvre around the activity, to reach certain objects and to explore the whole area.
4. Time - Give your child plenty of time to fully explore and investigate the sensory play provided, so they can become fully engaged and absorbed in their play.
5. Support their learning - Encourage the children to talk to you about what they are doing and what textures they can feel. Introduce new words especially mathematical language such as full, empty, half full, nearly empty, long, short and descriptive words such as prickly, bumpy and lumpy and so on. Introduce new ideas on what to do with the play items such as burying a toy or their hand, draw shapes, letters and numbers in the shaving foam.



MOTHERCOULD ICE PAINTS

YOU'LL NEED:

- Ice cube tray
- Water
- Food coloring
- Popsicle sticks

INSTRUCTIONS:

1. Fill an ice cube tray with water. Don't over fill
2. Add a small drop of food coloring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food coloring. Leave the popsicle stick inside
4. Freeze overnight

*When painting, use water color paper for best results.



MOTHERCOULD

TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
- **Store in the refrigerator. Can keep for 6 months or so.



MOTHERCOULD

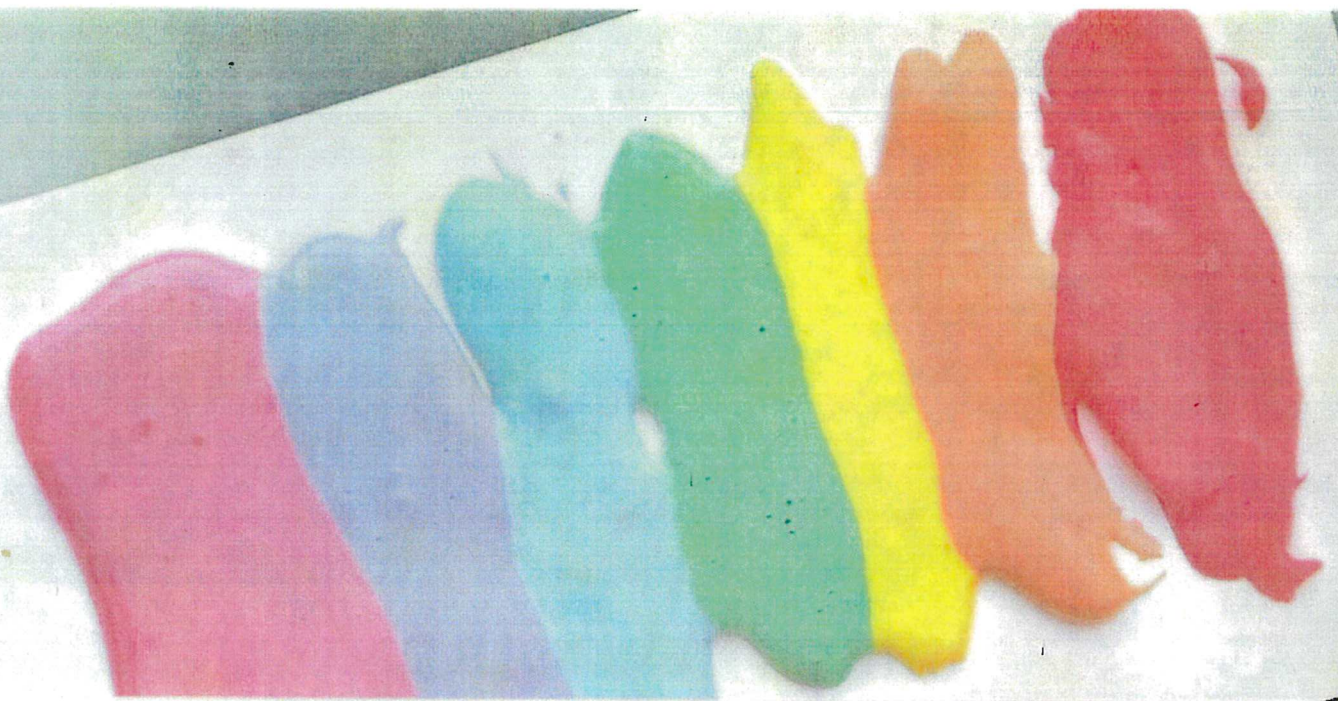
COLORED SPAGHETTI

YOU'LL NEED:

- Water
- Oil
- Salt
- Spaghetti
- Food coloring

INSTRUCTIONS:

1. Boil water for spaghetti.
2. Add oil, salt and a few drops of food coloring.
3. Drain once fully cooked
4. Cool and place in a bin for the child to explore



MOTHERCOULD

PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

INSTRUCTIONS:

1. Add equal parts glue and shaving cream in a bowl.
 2. Add food coloring and mix well.
- ☐ If you want to use the paint in a DIY piping bag:
1. Add the paint to a ziplock bag.
 2. Close the bag and cut a small piece of corner off.
 3. Squeeze the paint through the opening



MOTHERCOULD

TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.

A corkboard with a textured orange-brown surface. Several white toy cars and tools are pinned to it. The tools include a long-handled spoon, a wrench, and a screwdriver. The cars are arranged in a loose pattern across the board.

MOTHERCOULD

TASTE SAFE DIRT

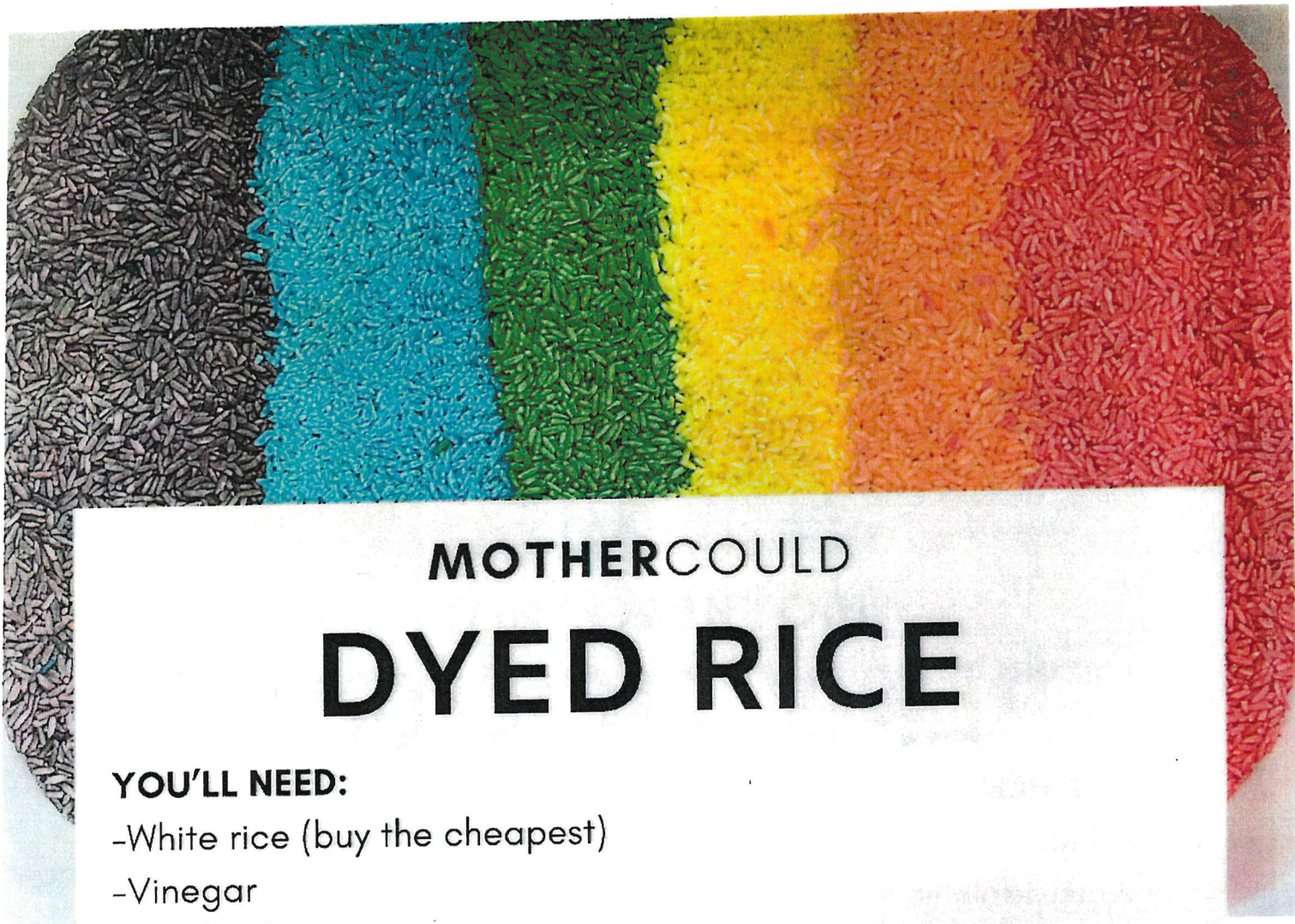
YOU'LL NEED:

- 7 cups flour
- 1 cup cocoa powder
- 1 1/4 cups oil
- large container

INSTRUCTIONS:

1. Add the flour and the cocoa powder to the bin and mix well.
2. Add the oil and start mixing with a spoon or spatula.
3. Finish mixing with your hands until you are able to clump the mixture together into a ball but still be able to break apart easily.

*Flour is considered raw until it is cooked. If you want to make it edible, simply spread the flour on a flat baking sheet and place in the oven at 350 degrees F for 5 minutes. Let it cool completely before using. This will kill off the lingering bacteria in your flour.



MOTHERCOULD

DYED RICE

YOU'LL NEED:

- White rice (buy the cheapest)
- Vinegar
- Food coloring
- Flat tray
- Parchment or wax paper

INSTRUCTIONS:

1. Measure 1 cup of rice for every 1 tablespoon of vinegar.
 2. Add rice and vinegar to a plastic bag.
 3. Add few drops of food coloring (a little goes a long way) into a ziplock bag.
 4. Shake very well until all the rice grains are colored.
 5. Lay out to dry on a flat tray over parchment/wax paper. Spread out into a thin layer. It should be dry in 30 minutes.
- *The vinegar smell is very strong but if you leave it outside to dry, it helps. Adding essential oils is great too.



MOTHERCOULD PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.