

Sensory Messy Play Activities

Lots of sensory play activities you could try at home (maybe outside!). Children can explore with their hands and feet, use different tools to fill and empty containers, make marks, mix and more. Add small world cars, trains, farm animals etc to add to the fun. Above all else, have fun. There's loads more ideas online, just search sensory play tray.



Cooked spaghetti. You can also colour it.



Breakfast cereals inc. oats.



Un-cooked pasta or uncooked rice is great with metal pans, colanders etc.



Compost/soil: with tools, pots



Play with uncooked rice, making marks, filling and emptying. Can colour rice using food colouring and leave to dry on trays/kitchen towel.



Shaving foam.



Jelly: explore or hide items in the jelly, for children to find.

Diggers with sand, stones, gravel.



Trays that may be suitable for sensory play, these were ones off amazon. Normal household trays could also be used or storage boxes.



GARLAND SQUARE GARDEN TRAY
by Garland
★★★★★ ~ 251
More buying choices
£13.99 (3 new offers)



Plastic Drip Tray (Internal: 560mm x 410mm) (External: 640x490x120mm)
★★★★★ ~ 47
EQ85



Hydrogarden Garland 80 x 80cm Square Tray
★★★★★ ~ 536
£24.99
More buying choices
£22.06 (5 new offers)



Sealey DRPL09 Drip Tray Low Profile 9ltr
★★★★★ ~ 73
£9.85 ~~£11.94~~
prime



Garland G16B Standard Garden Tray, Black, 9 Litre
★★★★★ ~ 108
£11.99
More buying choices
£8.09 (3 new offers)