

Ideas for sensory exploration and learning

Clean painting



You will need a large tray (or flat surface), red, blue and red paint, clear plastic zip lock lunch bags and sticky tape.

The sticky tape is used to seal and strengthen the openings of the zip lock bag and to also tape the bags onto a flat surface.

- Place the two coloured paints for each zip lock bag in the corners opposite each other. One bag with blue and yellow, second bag with red and blue and the third bag with red and yellow.
- Use sticky tape to seal and strengthen the squishy bags. If you are concerned the bag may break, you can double bag it for extra strength. I find that by fastening the squishy bags flat on a surface with sticky tape also assists in avoiding the bag breaking.
- Gently press and push the paints to the centre of the bag to blend. Using your fingers gently rub the paint to mix and blend.



Re-use the squishy bags for a writing activity. Children can write letters, numbers, drawing pictures and shapes using a Cotton Bud.

Rubbery Goop



Rubbery Goop looks and feels like basic play dough but it is textured differently. It is smooth, soft and slightly stretchy. Moulding it in the hands is very addictive as the texture is delightful. It is so much fun to play with, you can pull the goop apart and roll it back together to form a smooth ball. You can squeeze it and it will squish through your fingers

Rubbery Goop can be stretched and pulled apart into smaller pieces (not dry or crumbly) and it all rolls back up into a smooth soft ball.

Ingredients:

2 cups bi-carbonate soda (baking soda)

1 ½ cups water

1 cup of cornflour (corn starch)

Food colouring (optional)

Instructions:

1. Combined all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring.
5. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
6. Turn out onto the bench. Be careful the Rubbery Goop will be very hot!
7. Knead together to form a smooth ball of Rubbery Goop.
8. Store in a plastic zip-lock bag or air tight container.

There are no preservatives in this recipe and depending on how many children play with the Rubbery Goop, it can last up to two weeks.



Rubbery Goop can be played with much like play dough. It is soft, stretchy and easy to mould and shape.

Some Ideas:

- Play with Rubbery Goop much like play dough using rolling pins, play scissors and cookie cutters.
- Add gemstones, bottle tops, shells, toy cars, dinosaurs or any other nick knacks from around the house.
- Use descriptive language to describe the experience, how does the Rubbery Goop feel? It feels soft, smooth and stretchy.

Sand Foam



How to make Sand Foam?

Sand Foam is perfect for sensory exploration. It is made up using only two ingredients, sand and shaving cream.

Kids will love running their hands and fingers through the fluffy, textured mixture.

You will need clean sand, shaving cream and a [large tray or tub](#).

There is no real defined amounts for the ingredients, the sand and shaving cream amounts can be adjusted until you are happy with the consistency.

We started off with 3 cups of sand and 200ml of shaving cream, however, we added another 3 cups of sand to our mixture to explore what would happen.

Instructions:

1. Add 3 cups of sand to the tray.
2. Gradually add the shaving cream and combine using hands. Add more shaving cream until desired consistency is made.



- Add [dinosaurs](#), [shells](#) and [toy cars](#) to extend the play and encourage imaginative play stories. The shells would make a great beach theme activity, the dinosaurs to create a sandy dinosaur world and the toy cars creating roads or moving sand construction site.
- Hide [plastic alphabet letters](#), numbers or other items to create a hide and seek game.
- Use descriptive language to describe the experience, how does the sand foam feel? It feels soft, fluffy and gritty.
- Draw and write in the sand foam tray. You can write your name, letters, numbers, draw shapes and pictures.



Sensory Push and Pull



Sensory Beanbag Set

Empty wipes container

Take an empty wipes container and rinsed it out until it was safe and clean.

Cut a hole in the top just slightly wider than the child's hand.

Make sure the child can reach in and out of the container without scraping them self.

Start the activity by pushing some sensory bean bags or materials into the container.

The child can then pull them out while investigating the different texture of each item.

Sensory Bottles

<https://www.youtube.com/watch?v=D7zp7KbxbKY>

A quick and easy tutorial showing you how to make the infamous Sensory Bottle! Also known as 'Calming Jars', these bottles are great for helping to calm babies and children, as well as sensory stimulation for children and adults with Autism and other Special Needs.

Instructions/Ingredients:

Clear Bottle (I used a 1L bottle)

Glycerin (I used about 20ml)

Food colouring (Just a few drops)

Sequins Glitter Water beads Lego or other small toys (optional)

Bubble Trucks Sensory Activity



Bubble foam is amazing and it couldn't be easier to make.

Materials:

Bubble bath / body wash (make sure it's tear free)

Water

Food colouring (optional)

ALSO – construction trucks

The magic of bubble foam is a 2:1 ratio – 2 parts bubble bath to 1 part water. Add in a few drops of food colouring to make it just a little more special. Then whip it up with and hand or electric mixer until it is in stiff peaks.

Washing Line Fun



Equipment:

- * An old towel
- * Scissors
- * Pegs
- * Washing line



Cut several strips into your large towel ensuring that you leave a top strip to peg on the washing line.

Let your child run under, through and around the strips of towel enjoying the sensory experience of the flaps rubbing on their face.

This is especially good fun on a windy day when the towel moves in the wind