

Sensory Bags

Simple idea that uses everyday things in an interesting way

You will need:

- Strong zip lock kitchen bags
- Duct tape
- Clear hair or shower gel (they give different effects)
- Food colouring (optional)
- Additional items of your choosing- e.g. glitter, confetti, shells, plastic letters etc.

Method:

Open the bag and quarter fill it with gel. Shut the bag and lay it out on a table to spread out the gel. Add more if needed. Put your additional items into the bag and a few spots of food colouring. Shut the bag, fold over the top and secure again with duct tape.

Glitter Slime

A sensory putty that is fun to make.

You will need:

- 120ml bottle of Glitter glue
- 1 teaspoon of soap crystals
- 6-8 tablespoons of water
- Plastic bowl
- Small tub

Method:

Empty the contents of the glitter glue into a plastic bowl. If the glue is very thick add a little water to make it more pliable. In the small tub, mix together the soap crystals and the water. When this is well mixed add it to the glue in the bowl. Work this mixture together with your hands. The water and the glue will separate and form the mouldable glitter slime.

Super Play Dough

A great staple that will last for ages

You will need:

- An empty yoghurt pot
- Plain flour
- 4 tablespoons of Cream of Tartar
- 2 tablespoons of cooking oil
- Salt
- Boiling Water
- Food colouring

Method:

Use the yoghurt pot to measure out the flour and salt: 1 pot of salt to 2 of plain flour. For each 1:2 salt and flour mixture add cream of tartar and cooking oil as above plus 2 pots of boiling water and a little food colouring. Mix and knead thoroughly. You could add sand or glitter for texture.

Pasta Hunt

Fun with cooked pasta—great for hiding things in!

You will need:

- A large mixing bowl of cooked pasta (spirals or shells)
- Food colouring
- A large tray or container
- Items to hide (e.g. plastic figures etc.)

Method:

Add a few drops of food colouring to the cooked pasta and mix through with your hands (you could make cooking the pasta part of the activity). If you want more than one colour of pasta separate quantities into different bowls. Tip the coloured pasta into a tray or container. A little olive oil (if tolerated) will stop it sticking together. Add the items for a pasta hunt.

Sensory Pod

A little hideaway for some sensory goodness

You will need:

- A large, strong cardboard box
- Glow in the dark stars (or similar)
- Hologram and shiny cardboard
- Cushions/blankets with different textures
- A set of fairy lights
- Split pins

Method:

Paint the box in shades of deep purple and blue and make sure it is strong enough for a child to sit in (reinforce if necessary). Attach the stars to the inside of the box. Cut shapes out of the cardboard and attach inside. Use split pins to attach some so that they can spin. Punch holes in the box to thread the lights through. Lay cushions and blankets on the floor of box to make it cosy.

Spaghetti Brains

Gruesome, gooey, sensory fun

You will need:

- A round cereal bowl (or similar).
- Cling film
- Cooked spaghetti (coloured if desired)
- A packet of powdered gelatine
- Jelly sweets

Method:

Line your bowl with cling film (with excess hanging over the edge) and add the cooked spaghetti. Push some jelly sweets into the spaghetti. Mix up the gelatine according to the instructions on the packet. If preferred you can use coloured jelly but this will not set as firmly. Pour the gelatine mixture over the contents of the bowl and leave to set. Turn out onto a tray and let children explore.