



Sensory Activity Cards

Bubble Fun

You will need:

- ½ cup washing up liquid
- 5 cups water
- 1 teaspoon of sugar
- 2 tablespoons of glycerine

Tips:

- Microwave in a large tub for 10 seconds for better bubbles.
- Other things to blow out of:
 - funnels
 - plastic tubes
 - rope tied in a hoop
 - tennis racquet
 - plastic netting

Sensory Activity Cards

Finger Paints

You will need:

- 2 cups white flour
- 2 cups cold water
- Food colouring



Tips:

- Add other materials to make different sensory experience.
- Instead of food colouring, use powered jelly for a colour and scent.
- Children to play on a plastic surface then take a print.
- Out paint onto a plastic mirror to get a nice reflection back when playing, again take a print.
- Warm in microwave just prior to use.
- Put in shallow tray and use feet.

Sensory Activity Cards

Flax Fun

You will need:

- Packet of flax
- Water

Tips:

- Give to children to play with dry.
- It is very silky and slides between fingers.
- Add water and boil to make a very glutinous mixture.



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Ice Fun

You will need:

Ice

Tips:

- Put water into moulds with children.
- Freeze objects into ice.
- Grate to make snow.
- Provide salt to melt ice.
- Use range of moulds eg. small balloons and gloves.
- Add food colouring before freezing.
- Layer up different colours as they freeze.
- Put ice in water and add toy boats, penguins, etc.



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Semolina

You will need:

- 1 cup semolina
- $\frac{1}{2}$ cup corn flour
- $\frac{3}{4}$ cup hot water

Tips:

- Use as alternative to sand, it has a lovely texture and is great for pouring.
- It forms little balls when wet.
- Allow children to mix with water to make a very sticky and grainy paste.



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Tapioca

You will need:

- Packet of tapioca
- Water
- Food colouring

Tips:

- Allow children to explore dry tapioca as it is a great alternative to sand and feels great, but can become very static.
- Boil tapioca according to instructions using water instead of milk, add food colouring.



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Cereal Fun

Rice Crispies

- Add water and colouring, listen and squish.

Oats

- Dry - avoid excessive eating.
- Add water to make squishing and silky.

Wheat Biscuits

- Float on water.
- Mix with water.

Cornflakes

- Mix with water and colour.

Hoop Cereal

- Thread on to a string or make them float on water.



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Silky Dough

You will need:

- 8 parts flours
- 1 part baby oil

Method:

1. Mix together, it will be soft but holds together like wet sand.
2. Add a splash of food colouring.
3. Use different scents of baby oil, appropriate to colour.



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Sands Good

Tips:

- Add a splash of water and washing up liquid for another sensory element.
- Add food colouring too.
- Add white glue and a dash of paint. Paint on card and then dry to create a longer term creation.
- Add glitter.
- Add metal objects and children use magnets to find the objects.
- Use a shallow tray, add paintbrushes and allow to make marks.
- Put a shallow amount of sand on top of a bright picture or mirror.



Sensory Activity Cards

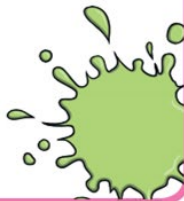
Sugar Paints

You will need:

- Icing sugar
- Powder paint
- Water

Method:

1. Make a thin solution of icing sugar and water. Spread over paper.
2. Sprinkle powder paint over paper.
3. Allow time to dry (takes a long time).
4. It dries shiny.



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Colour Mix

Play Dough

- Give child balls of primary colours, allow them to mix.

Hand Painting

- Paint one hand one colour and the other another, rub hands together to make a new one.

Water

- Add primary coloured food colour to clear pots of water.
- Use syringes or pipettes to transfer water to another pot and create new colours.



Sensory Activity Cards

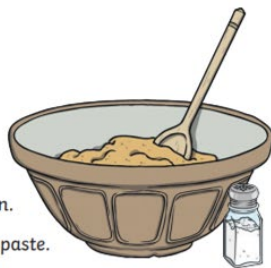
Salt Dough

You will need:

4 cups of salt
1 cup of corn flour
Water

Method:

1. Mix salt and corn flour in pan.
2. Add enough water to form a paste.
3. Cook over medium heat, stirring constantly.



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Laboratory

You will need:

Cooking oil	Spoons	Lolly sticks
Vinegar	Water	Pipettes
Baking powder	Ketchup	Plastic pots
Baby oil	Corn flour	Plastic bottles
Salt	Flour	Bicarbonate of soda.
Sugar	Ice	
Cloths	Food colouring	

Using the materials to create a fun laboratory and encourage mixing and experimenting.

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Pasta

You will need:

Pasta shapes/spaghetti
Food colouring
Water
Cooking oil

Method:

1. Cook pasta according to packet.
2. Add food colouring to water before cooking and plenty of oil to prevent sticking and make it slimy.
3. When cooked, rinse well with hot water.



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Nature Fun

Soil

- Add dinosaurs, bugs, animals, garden tools, pots etc.

Turf

- Add dinosaurs, animals, tractors, small people etc.

Autumn leaves

- Give children a wheel barrow to collect and put into paddling pool to jump in.

Hay/straw

- Smells great, children can make nests, feed animals etc. Provide hay bale to pull apart, great for motor skills.

Feathers

- Large amounts of craft feathers in paddling pool to sit in.

Shells

- A large selection presented on blue material, shiny metal trays or child safe mirrors.

Hand wash



***Wash your bike or scooter
with warm soapy water***

It's not a box



***Turn a cardboard box into
something extraordinary***

Disco



***Put your favourite music on
and dance around the room***

Kite



***Can you make a kite?
What will you use?***

A decorative border made of many small, colorful circles representing water beads, surrounding the central text area.

Finger Gym

Coloured Water Beads

Place beads (or something similar) into a bottle. Show your child that you have spilt the beads into the water and want to put them back into the bottle. Model to your child how to put the beads back into the water by using a spoon or fingers.

Allow your child to explore the different coloured beads and find different ways to transport them.

Playdough Recipe

You will need:

- 1 cup flour
- A half a cup of salt
- 2 teaspoons cream of tartar
- 1 cup water
- 1 tablespoon oil
- Food colouring



Mix all ingredients in a microwave safe bowl. Microwave for 30 seconds, stir, repeat several times until it is the correct consistency.

Water

Home Learning Challenges

Fill 6 glasses of water, just under $\frac{1}{2}$ full. Use red, blue and yellow food colouring to change the colour of the water (2 glasses of each colour). Mix the colours together and make new colours. What new colours can you make?



Set up a bucket outside and fill with water. Add some bottles, bowls, tubs and containers. Spend some time exploring filling and emptying different containers. If you fill up one, does that amount of water fit into another? Which do you think holds the most amount of water? How could you find this out?

Fill a shallow tray with water and mix in some washing-up liquid. Cut the bottom off a plastic bottle and ensure it isn't sharp, then cover with an old sock. Dip the end of the bottle into the tray of water and blow through the top of the bottle. Can you make a long bubble snake? How long can you make it?

