



Sensory Activity Guide



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Sensory Fillers



Lentils
Dried Pasta
Coloured Rice
Beans
Oatmeal
Corn Meal
Pom-Pom's
Cotton Balls
Feathers
Shredded Paper
Shaving Cream
Bubble Water
Leaves/Grass
Flowers

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Sensory Play

This activity includes your child's senses: touch, smell, taste, movement, balance, sight and hearing. It encourages your little one to use scientific processes while they play, create, investigate & explore.



Create Sensory Bottles with water, oil and various objects to shake and observe.

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1 cup flour, 1 cup water,
¼ cup salt, 1 Tbsp of Cream of
Tartar, 2 Tbsp of Veg Oil
1 pkg of Jello

Jello Playdough

Mix all the ingredients together on low over the stove. Stir frequently. Once the dough starts to gather together into a ball and does not stick to your fingers - then you can take it off the stove. Let cool for a minute and knead together. Store in an airtight container. Add cookie cutters, rollers, play scissors and kitchen tools to the play.

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Hair Roller Fun

A bin or basket can be filled with an assortment of Velcro Hair Rollers. This tactile experience is a sensory invitation for your little one to build with, explore, sort, count.



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Shaving Cream Play

Provide your little one with a tray, shaving cream and various drops of food colouring. Colour mixing is explored by combining the colours together. To further continue the play, blocks can be added to create towers and structures, using the shaving cream as 'glue' or mortar.

Tinker Tub Play

Set up Tinker Tub with assorted coloured toys - popsicle sticks, easter egg cups, pom poms, pipe cleaners, food pouch lids can all be used for your little one to scoop and sort.

Fillers: cotton balls, pom poms, feathers, beans, silk flowers etc.



Scented Sensory Play



Invite your child to practice letters or draw pictures in a tray made with 2 cups of sugar and 10 drops of food colouring. Place in a zip lock bag and shake to mix. Add scent to your bag for an added element. Place on a tray or baking pan and encourage your child to make their pictures with a pencil drawn through the mixture.

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Moon Sand

Measure 8 cups of flour and 1 cup of baby oil into a large bowl and mix well. Add this mixture to a shallow bin and invite your child to explore. Measuring spoons, measuring cups, straws, spoons can be added. Your little one can build, scoop and measure with this soft sand.



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Block Painting

Freeze water with a few drops of food colouring in the bottom of a few blocks. Provide your little one with paper and the cold coloured squares to paint with and explore as the ice melts onto their paper.

Sensory Painting

Pine boughs, twigs and leaves are terrific sensory tools for painting. Provide your little one with various items, washable paint and easel paper for them to be able to explore using their senses and create a masterpiece at the same time.



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