



kids &
COMPANY

Sensory Resource Guide

Play & Learn ~ KIDCO AT HOME



Sensory Play includes any activities that include 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.





Playdough

- 1 cup flour
- 1 cup water
- $\frac{1}{4}$ cup salt
- 1 Tbsp of Cream of Tartar
- 2 Tbsp of Vegetable Oil
- 1 pkg of Jello

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.

Supply your little one with cookie cutters, play scissors, rollers, and assorted kitchen tools to allow them to create and learn.



Hair Roller Sensory Bin/Basket

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.



Shaving Cream



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 Tubs

Set up a cognitive sensory bin/Tinker Tub with assorted coloured toys – popsicle sticks, easter egg cups, pom poms, pipe cleaners, food pouch lids – for your little one to scoop and sort. This invitation for learning has endless opportunities for counting and fine motor development.

Tinker Tub fillers – cotton balls, pom poms, buttons, silk flowers, dry pasta, beans – or items your child is interested in.



Scented Sensory Tray



This sensory experience can be created with sand, cornmeal or salt. This tray is made with 2 cups of sugar and 10 drops of food colouring - place in bag and shake to disperse the colour. For an additional element, add various scents to the bag such as citrus, vanilla, peppermint, lavender or a coloured package of jello.

The trays can be used for practicing letters, words, the children's names, or drawing pictures with long straws or pencils.



2 Ingredient Moon Sand

Recipe:

8 cups flour

1 cup baby oil

- ❖ Measure into a large bowl and mix well
- ❖ Add this mixture to a shallow bin (an inside or outside activity) by using measuring spoons, measuring cups, straws, spoons etc. Your little one can build, scoop and measure with this soft sand.



Mega Block Ice Painting



Using Mega Blocks, freeze water and a few drops of food colouring on the bottom of the 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 to create a masterpiece.

