



Simple Sensory Activities = Tons of Fun!

Cloud Dough - Perfect for all kinds of play. Mix up a batch by using 1 part baby oil/vegetable oil to 8 parts flour. Provide your child with cars and trucks, or a scoop and bowl, or even pretend baking supplies to play and learn. Just store this dough in a sealed plastic container or bag when your child is done playing as it keeps for months and can be used over and over.

Shaving Cream Tray - Invite your child to play with a baking tray filled with shaving cream. Add a few drops of food colouring to visually enhance the experience and provide a few small moving toys and spoons, popsicle sticks and paint brushes to play with. A by-product of this activity is when they are done playing, you can lay a piece of paper on top of the remaining shaving cream and take a print of the beautiful swirls! Just let the paper sit with the cream on for a few minutes, then wipe off!

Rainbow Goop - Using a cookie tray as a base, mix 1 box of cornstarch with 1/2 cup to 1 cup of water. You'll know you've used sufficient water when the GOOP starts "acting unusually" like: Appearing like it's a liquid, but when you touch it - it's a solid! Moving under your hand when you press flat into the GOOP! To add a visual aspect to this tactile sensory fun, mix in a few drops of food colouring.

Coloured Glue Play - Cover a tray with white glue and then add drops of food colouring for visual enhancement. Provide your child with utensils to stir the colours around and as they play, encourage your child to describe the textures they are creating. Once your child has completed the activity, just leave the glue to dry. Once dry, peel it off from the tray and cut the glue into neat shapes that can be used for craft decorating.

Cocoa & Flour Fun! - Mix flour and a cup of baking cocoa on a tray to provide your child with a 'smelly' sensory experience. To add to the play, also use measuring items like silicone baking cups and spoons.

