

# Simple Sensory Bag Ideas

**Sensory bags are an exciting activity to engage Infants & Toddlers!**

Sensory bags are squishy or slimy textured bags with contents that are great for babies and toddlers to explore. They provide a perfect MESS FREE sensory experience! Sensory bags are such a fun way to allow babies and toddlers to explore, discover and imagine, all while expanding their sense of touch! Simply fill a large zip lock bag with water, oil or hair gel and a selection of any of the following items to create an exciting sensory learning item!



Confetti, sparkles, googly eyes, foam shapes, sequins, pom poms, nature items, cotton balls, water beads, pumpkin guts, seeds, buttons, peas, etc.

**Shaving Cream Play** - Fill a large zip lock bag with shaving cream and a few drops of food colouring for your baby to touch, mix and observe the changes as the substances blend together.

**Muddy Puddle** - Create a touch and find bag by filling a large ziplock bag with chocolate pudding that has had pictures or shapes drawn on the inside of the bag. Encourage your child to push and press the 'mud' around the bag to reveal what's underneath.

**Sensory Window Catcher** - Fill a zip lock bag with hair gel and different colours of food colouring or paint and tape to the inside of a sunny window or sliding door for your child to explore. As the sun moves, this fun bag will change and provide a different sensory experience while the sun shines through!

Secure the opening of the bag with tape to contain the contents for your little one's safety!

