



Sensory ideas you can make at home.



Always remember to wash your hands before each activity.



Sensory bottles

These are so easy to make. All you need is different ingredients!

- Look in your cupboards and see if you can use any dry or tin foods to add to your bottles.

- Food colouring and oil is a great idea! If you haven't got these ingredients you could use juice, water and oil so they are still colourful.



- You can also use natural ingredients from your garden, such as grass, mud, sticks and flowers.



Edible sand



Always remember to wash your hands before each activity.



You can use lots of dry and safe ingredients!

Biscuits, oats, cereal and crackers.

You can make it more fun by getting your child involved!

Place the ingredients into a bag, use a rolling pin or tin can to crush the ingredients to make a soft consistency. Some of the children in my class would enjoy crushing the ingredients by using their hands. You can put your sand in bowls **or you could recycled plastic containers e.g. food containers.**

Now its time to have some fun!

Always remember to wash your hands before each activity.



How to make colourful pasta.

You will need to cook the spaghetti or pasta first. Once cooled place the spaghetti into a large tray, bucket, pan or container. you could use recycled plastic containers.

To colour the spaghetti, place approximately 8 drops of food colouring into separate bowls. Evenly share out the cooled spaghetti into the bowls and gently stir until the colouring has evenly dispersed. Add more colouring for a more in depth colour if desired.

You don't need to add colour to have fun!



Always remember to wash your hands before each activity.



Edible Art

You can use Angel Delight or any other brand of mousse.

To prepare use 1 package of the powder add 1/2 pint (300 ml) of cold milk and whip for about 2 minutes if using a hand whisk, spoon or fork.

Once whipped let it stand in fridge for 10 to 20 minutes to thicken.

You can also add fruit or sprinkles to make your art designs.



Painting with chocolate

This is so much fun!

Melt your chocolate by using a saucepan with water and place a bowl on top add your chocolate and stir until melted.

You can also use a microwave.

Break your chocolate place into a bowl and place in the microwave. Keep checking and stirring until melted.

I would use grease proof paper so the chocolate will set quicker.

The children used lots of different cooking utensils so they could make different prints on the paper.

You can add lots of different ingredients such as sprinkles, sweets and fruit to make your picture. Once your picture is completed let it set! And enjoying eating it!



Always remember to wash your hands before each activity.





Make your own
sensory trays



Painting with ice cubes

I would recommend using water and food colouring and then freeze.

