



Sensory Activity Cards

Bubble Fun

You will need:

- 1/2 cup washing up liquid
- 5 cups water
- 1 teaspoon of sugar
- 2 tablespoons of glycerine

Tips:

- Microwave in a large tub for 10 seconds for better bubbles.
- Other things to blow out of:
 - funnels
 - plastic tubes
 - rope tied in a hoop
 - tennis racquet
 - plastic netting

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Sensory Activity Cards

Finger Paints

You will need:

- 2 cups white flour
- 2 cups cold water
- Food colouring

Tips:

- Add other materials to make different sensory experience.
- Instead of food colouring, use powered jelly for a colour and scent.
- Children to play on a plastic surface then take a print.
- Out paint onto a plastic mirror to get a nice reflection back when playing, again take a print.
- Warm in microwave just prior to use.
- Put in shallow tray and use feet.



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Sensory Activity Cards

Flax Fun

You will need:

- Packet of flax
- Water

Tips:

- Give to children to play with dry.
- It is very silky and slides between fingers.
- Add water and boil to make a very glutinous mixture.



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Sensory Activity Cards

Ice Fun

You will need:

Ice

Tips:

- Put water into moulds with children.
- Freeze objects into ice.
- Grate to make snow.
- Provide salt to melt ice.
- Use range of moulds eg. small balloons and gloves.
- Add food colouring before freezing.
- Layer up different colours as they freeze.
- Put ice in water and add toy boats, penguins, etc.



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Sensory Activity Cards

Semolina

You will need:

- 1 cup semolina
- $\frac{1}{2}$ cup corn flour
- $\frac{3}{4}$ cup hot water

Tips:

- Use as alternative to sand, it has a lovely texture and is great for pouring.
- It forms little balls when wet.
- Allow children to mix with water to make a very sticky and grainy paste.



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Sensory Activity Cards

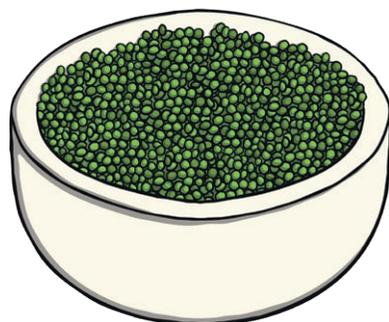
Tapioca

You will need:

- Packet of tapioca
- Water
- Food colouring

Tips:

- Allow children to explore dry tapioca as it is a great alternative to sand and feels great, but can become very static.
- Boil tapioca according to instructions using water instead of milk, add food colouring.



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Cereal Fun

Rice Crispies

- Add water and colouring, listen and squish.

Oats

- Dry - avoid excessive eating.
- Add water to make squishing and silky.

Wheat Biscuits

- Float on water.
- Mix with water.

Cornflakes

- Mix with water and colour.

Hoop Cereal

- Thread on to a string or make them float on water.



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Sensory Activity Cards

Silky Dough

You will need:

- 8 parts flours
- 1 part baby oil

Method:

1. Mix together, it will be soft but holds together like wet sand.
2. Add a splash of food colouring.
3. Use different scents of baby oil, appropriate to colour.

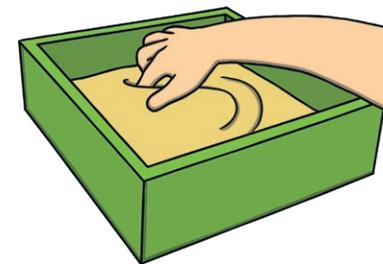


Sensory Activity Cards

Sands Good

Tips:

- Add a splash of water and washing up liquid for another sensory element.
- Add food colouring too.
- Add white glue and a dash of paint. Paint on card and then dry to create a longer term creation.
- Add glitter.
- Add metal objects and children use magnets to find the objects.
- Use a shallow tray, add paintbrushes and allow to make marks.
- Put a shallow amount of sand on top of a bright picture or mirror.



Sensory Activity Cards

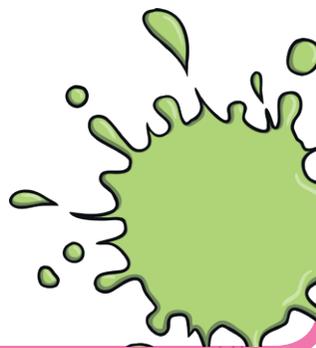
Sugar Paints

You will need:

- Icing sugar
- Powder paint
- Water

Method:

1. Make a thin solution of icing sugar and water. Spread over paper.
2. Sprinkle powder paint over paper.
3. Allow time to dry (takes a long time).
4. It dries shiny.



Sensory Activity Cards

Colour Mix

Play Dough

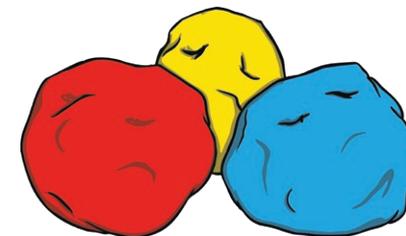
- Give child balls of primary colours, allow them to mix.

Hand Painting

- Paint one hand one and colour and the other another, rub hands together to make a new one.

Water

- Add primary coloured food colour to clear pots of water.
- Use syringes or pipettes to transfer water to another pot and create new colours.



Sensory Activity Cards

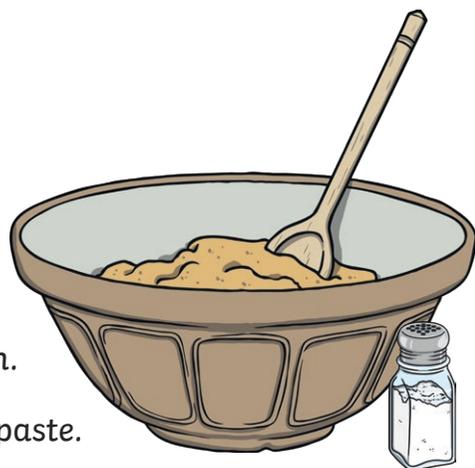
Salt Dough

You will need:

4 cups of salt
1 cup of corn flour
Water

Method:

1. Mix salt and corn flour in pan.
2. Add enough water to form a paste.
3. Cook over medium heat, stirring constantly.



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Laboratory

You will need:

Cooking oil	Spoons	Lolly sticks
Vinegar	Water	Pipettes
Baking powder	Ketchup	Plastic pots
Baby oil	Corn flour	Plastic bottles
Salt	Flour	Bicarbonate
Sugar	Ice	of soda.
Cloths	Food colouring	

Using the materials to create a fun laboratory and encourage mixing and experimenting.

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Sensory Activity Cards

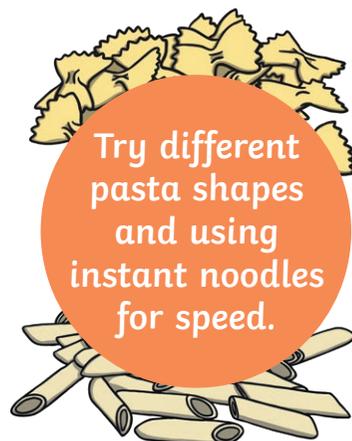
Pasta

You will need:

Pasta shapes/spaghetti
Food colouring
Water
Cooking oil

Method:

1. Cook pasta according to packet.
2. Add food colouring to water before cooking and plenty of oil to prevent sticking and make it slimy.
3. When cooked, rinse well with hot water.



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Nature Fun

Soil

- Add dinosaurs, bugs, animals, garden tools, pots etc.

Turf

- Add dinosaurs, animals, tractors, small people etc.

Autumn leaves

- Give children a wheel barrow to collect and put into paddling pool to jump in.

Hay/straw

- Smells great, children can make nests, feed animals etc. Provide hay bale to pull apart, great for motor skills.

Feathers

- Large amounts of craft feathers in paddling pool to sit in.

Shells

- A large selection presented on blue material, shiny metal trays or child safe mirrors.

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