

Activity		Sensory activities	
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Brief description of Activity

Sensory play can be beneficial in teaching a child about their senses. Our senses provide us with information that we use to make sense of the world around us. These activities make use of lots of things you may have in your cupboards.

Resources needed

Cornflour
Spaghetti
Rice
Baking soda
Oil, vinegar, food colouring

Activity

The benefits of sensory play

- It helps to build nerve connections in the brain.
- It encourages the development of motor skills.
- It supports language development.
- It encourages 'scientific thinking' and problem solving.
- It can involve mindful activities which are beneficial for all children.

Corn flour slime or gloop

Ingredients

- Water
- Cornflour
- Optional – food colouring

Method

Add the food colouring (if using) to the water and then add water to the cornflour, mixing until blended and you get the desired consistency. If you've never done this before the mixture will run through your fingers when you pick it up but it is solid to touch.

Washing up liquid foam

Ingredients

- Washing up liquid
- Water
- Blender or food processor

Method

Add a squirt of washing up liquid to a spoonful of water and whisk it up in a blender or food processor until the mixture fills the container. It should end up nice and thick.

You can make up several batches if you want more foam. Spoon it out on to a tray or plastic sheet and add utensils to scoop, spread or splat!

If it deflates just add it back to the blender and whisk it up again.

Warning: It will get really slippery if you do this on a plastic sheet on the floor so be careful!

You can also do this activity if you do not have a blender by using **shaving foam**.



Coloured spaghetti

Ingredients

- Water
- Oil
- Spaghetti
- Food colouring

Method

Boil water for the spaghetti. Add the oil and a few drops of food colouring. Drain once fully cooked. When cooled, put in a bowl for your child to play with and explore.

Rainbow rice

Ingredients

- White rice
- Vinegar
- Food colouring
- Flat tray
- Parchment / wax paper/paper towel

-Ziplock plastic bag

Method

Measure one cup of rice for every tablespoon of vinegar.

Add the rice and vinegar to a ziplock plastic bag.

Add the food colouring to the ziplock bag (a little goes a long way).

Shake really well until the grains of rice are coloured.

Lay out the rice on a paper

towel/parchment/wax paper on a flat tray, in one layer and leave to dry outside. It should take around an hour to dry fully.



The vinegar smell is strong to begin with but will wear off once the rice is dry.

Make different colours of rice using the same method and different food colours.

Add small world toys to the rice once dry for your child to play with.

(Instead of vinegar, lemon juice can also be used for a lemon fragranced rice)

Sensory bags

Ingredients

-Sealable plastic bag

-Baby oil

-Water

-Food colouring

-Duct tape

Method

Squeeze baby oil into a (tightly) sealable plastic bag and add food colouring and water.

Let your child press and squeeze the gloopy colours.

They can break it into smaller blobs or squeeze them together to make one big shape.

For added reassurance the bag won't break, seal the end with extra duct tape!

Dirt Dough

Ingredients

-Baking soda

-Brown food colouring

-Water

Method

Combine a tub of baking soda with a few drops of brown food colouring then add drops of water until you reach a packable consistency.

Put in a bowl or tray and add small spoons, scoops, toy diggers/animals.

Freezing and melting fun

Ingredients

-Whatever you like!

Method

Use small tubs, ice-cube trays or empty yoghurt pots to place items in, top up with water and put them in the freezer. Once frozen put in a tray and add some small scoops and /or medicine syringes (like you get with calpol) and a cup of warm water to start melting.



Add anything you like such as small world figures, herbs, flowers from the garden, numicon, counters. **If your child still puts things in their mouth then make sure the items aren't too small.**

Have fun!

Attachments

N/A

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

Support us at : www.justgiving.com/cheshiredownssyndrome/raisemoney