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| ***Sensory Play Ideas******There is so much to learn from sensory play and it’s a great way to keep your kids engaged and motivated. Get them to help with making the resources - if you have older kids at home they can help follow recipes/ instructions etc. too - get the whole family involved! You could even get your older kids to write their own recipes/ review the different activities - or you could even film a family blog to share with friends the activities you like the most. Use these as a guide, but feel free to find your own alternatives/ adapt and change the activities…. Especially be creative if ingredients are hard to track down - and make sure to let others know the solutions you find!*** |
| **Very Messy** | **Slightly Messy** | **No Mess** |
| ***Shaving Foam***Activities:* Writing/ Mark Making <https://www.youtube.com/watch?v=NM-KbR6lCDE>
 | ***Playdough***Recipe: <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>Activities:* Dough disco <https://www.youtube.com/watch?v=DrBsNhwxzgc>
* Playdough mats <https://www.playdoughtoplato.com/100-free-playdough-mats/>
 | ***Paint Sensory Bags***Instructions: <https://www.youtube.com/watch?v=OOXaRtp8bTA>:Activities:* Mixing colours
* Mark making/ Writing
* Uncover hidden pictures (stick a page beneath the bag)
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| ***Finger Painting***Activities:* Free mark making - just let them be creative and explore
* Finger pictures <https://www.momjunction.com/articles/finger-and-thumb-painting-ideas-for-kids_00382401/>
 | ***Coloured Rice/ Pasta/ Spaghetti/ Cereal***Rice: <https://littlebinsforlittlehands.com/dye-rice-sensory-play-colored-rice/>Pasta:<https://www.cbc.ca/parents/play/view/play_date_idea_pasta_necklaces>Spaghetti: <https://theimaginationtree.com/messy-play-rainbow-spaghetti/>Cereal: <https://sugarspiceandglitter.com/cereal-sensory-bin/> | ***Fine Motor Sensory Bags***Instructions and Activities:* Colour sorting <https://handsonaswegrow.com/color-sorting-sensory-bag/>
* Maze <https://www.raisingdragons.com/ball-maze-sensory-bag-ages-2-5/>
* Making pictures e.g. <https://jdaniel4smom.com/2017/10/decorating-robots-sensory-bags.html>
* Making words/ matching letters (or do the same with numbers) <https://funlearningforkids.com/alphabet-sensory-bag/>
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| ***Water Play***Activities:* A great one for keeping germs away - give them a bowl of warm soapy water and get them to wash their toys
* Sink or float experiments - just use items from around the house.
* Alphabet soup (or do the same with numbers) <https://busytoddler.com/2019/07/alphabet-soup-sensory-activity/>
 | ***Leaves***Find leaves in your garden/ collect some when next out for a walk. Dry them out first if wet!Activities:* Sort the leaves by size/ shape/ colours
* Leaf printing <https://www.firstpalette.com/craft/leaf-prints.html>
* Leaf collage <https://www.activityvillage.co.uk/autumn-collage>
 | ***Sensory Bottles***Instructions: <https://childhood101.com/sensory-bottles/> |
| ***Ice Play***Instructions and Activities:* Ice excavation: <https://www.funathomewithkids.com/2014/05/rainbow-ice-tower-excavation.html>
* Ice painting <https://www.youtube.com/watch?v=yYdW4u1uGzI>
* Egg hatching <https://www.messarounduk.com/blog/make-frozen-dinosaur-eggs/>
 | ***DIY Stress Balls***Instructions: <https://www.youtube.com/watch?v=Fz5iEBdJM84> | ***Shadow puppets***Instructions: <https://wehavekids.com/education/shadow-puppet-theater>Activities:* Act out your favourite stories
* Make up your own stories - maybe even include family members!
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| ***Mud (outdoor)***Activities:* Bug hunt: how many different bugs/ insects/ worms etc. can they dig up/ find? <https://www.bnhs.co.uk/youngnats/to-do/garden-bug-hunt/>
* Mud kitchen roll play - make mud pies/ cups of mud coffee etc.
* Build a rock garden.
* Plant some seeds!
 |  | ***Ribbons/ Scarves***Activities:* Write Dance <https://www.youtube.com/watch?v=MHungfIlLkQ>
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| ***Slime***Instructions: <https://www.youtube.com/watch?v=Fz5iEBdJM84> |  |  |