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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) |
| ***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/> |
| ***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! |
| ***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> |
| ***Slime***  Instructions: <https://www.youtube.com/watch?v=Fz5iEBdJM84> |  |  |