Activity Ideas for Sensory Play

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| Children with sensory needs may require access to sensory experiences in order to help them regulate their attention so that they can engage in a range of daily tasks.The following activities provide an alternative way of presenting sensory experiences and can be adapted to meet the specific needs of your child  |

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| **Sand Sensory Bags / Bottles**  |
| Image result for Sensory Bags Autism with sand | See the source image | Image result for Sensory Bags Autism with sand |
| Using an empty water bottle, sand can be placed inside with a variety of small objects. Creating a rainmaker that children can explore. Ensure the lid is sealed tightly. | Place sand into a zip lock bag alongside a variety of objects that the child may enjoy. This can be secured to a table using tape.  | Create feely tiles if your child enjoys exploring different sensory textures. Use a variety of soft sandpaper to create different levels of sensory feedback.  |

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| **Water Sensory Bags / Bottles** |
| Image result for Sensory Bags Autism with sand | Image result for Sensory Bags Autism with sand | See the source image |
| Fill a zip lock bag with water, food colouring and oil. Remember to tape the top of the bag. The child can push the different colours around the bag.  | Fill a zip lock bag with water and objects that the child finds motivating e.g. numbers, letters or buttons.  | Fill a zip lock bag with water and food colouring and then add objects. You can make the bag look like an ‘under the water’ scene. |

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| **Soil Sensory Bags / Bottles**  |
| See the source image | See the source image | See the source image |
| Pour soil into a zip lock bag approximately halfway. The child can press into the texture to create different prints. You can change the texture by adding oil, water or soap foam.  | Fill a bottle with mud. You can vary the texture of the mud by adding water to make a thinner consistency or using glitter to make different effects on the sides of the bottle.  | Fill a bottle with mud and shake the bottle to hear the different sounds created by mud shaking.  |

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| **Rice Sensory Bags / Bottles**  |
| Image result for Sensory Bags Autism |  |  |
| Fill a bag with rice and motivating objects such as letters and encourage the child to find different objects inside. This can also be used as a hide and seek game.  | Create rainmakers using rice and different objects. These can be motivating objects or things found outside. The child can explore the different sounds different items make when placed inside. | Balloons can also be used as an alternative to bags or bottles. Fill the balloon with flour, rice, lentils or other sensory materials and ensure the balloon is tightly secured. The child can squeeze the balloons to feel what is inside.  |