

Sensory Activities To Do At Home

Water and ice - Add ice cubes to a water basin. Give your child tools to scoop up the ice (spoons, cups). Talk them through the experience by using words such as - cold, smooth and slippery.



Construction Foam - This is a fantastic and relatively mess free activity. Once the foam is made provide your child with small bowls and spoons to play with the foam.

½ cup of water
2 tablespoons of washing up liquid
1 teaspoon of cornflour
(food dye if you have any)
Mix all together with a hand mixture until it makes stiff peaks.

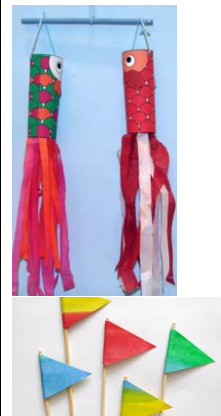


Sensory Music- Go into the online google classroom and carry out one fo the simple sensory music activities. It can help your child relax, calm down or even become more alert. You will just need access to youtube.

There is an example of one sensory music activity plan in the appendix.



Streamers and flags in the wind - If you are fortunate enough to have outdoor space making streamers and flags to fly in the wind can engage your child in noticing what the wind does to the materials. You can make a simple streamer by cutting up pieces of newspaper/old magazine/lightweight material and attaching them on to a toilet roll, garden cane or stick found outside.



Sensory small world -If you have an outdoor space make a corner small world by putting soil into a basin and adding vehicles and buildings.

