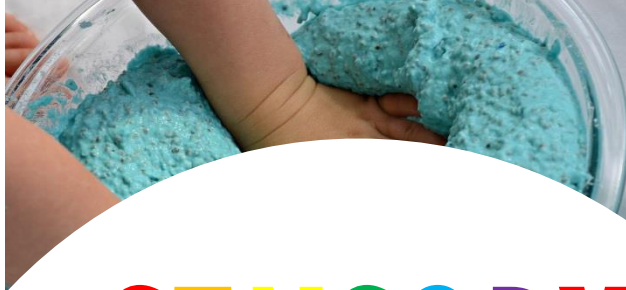


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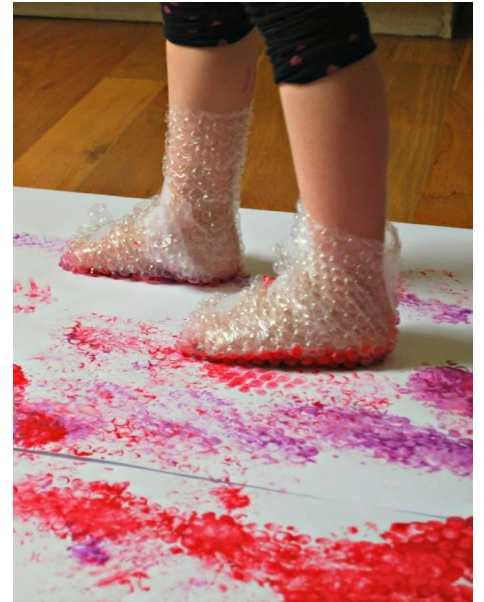
SENSORY PLAY ACTIVITIES



1. BUBBLE WRAP STOMP PAINTING

What you will need:

- Paint
- Easel paper
- Tape
- Scissors
- Paint brush
- Paper plate
- Bubble Wrap



What to do:

1. To set up the painting surface, you will need to roll out two long lengths of paper next to each other. Cut the paper and tape it down to the floor.
2. Squirt some paint on a paper plate.
3. Cut a length of bubble wrap, wide enough to make a little boot on your child's bare foot. Loosely wrap and tape the bubble wrap around your child's foot.
4. Dip your paintbrush in the paint the bubble wrap on the bottom of your child's foot.
5. Now it's time to paint! Your child can walk/jump/slide across the paper with the painted bubble wrapped feet.
6. Be sure to carefully supervise your child during this activity, but more importantly... HAVE FUN!



2. MOON SAND

What you will need:

Ingredients:

- 1 cup baby oil
- 8 cups flour



What to do:

1. Simply add the baby oil to 8 cups of flour to a mixing bowl.
2. Stir well using a whisk or a spoon.
3. Put it in a large container and let your children play freely with it.
4. Always provide active supervision during play.
5. NOTE: When using it indoors, put down a plastic table cloth to contain any spills.

Let's play:

- Bring out your favourite toys to the table and create an engaging story.
- Set out some colourful bowls, scoops and moulds.
- You can put measuring cups, spoons, straws and other items for an even more sensory experience.
- The wonderful fun with moon sand is that it is very crumbly but can be simply moulded by pressing it together! Once moulded it can simply be broken down to its original crumbly texture. This makes for wonderful **open ended play**.
- Simple, safe items like a spoon and some plastic cupcake moulds worked wonderfully to help build skills in **tipping, scooping** and **pouring**.



3. RUBBERY GOOP

What you will need:

- 2 cups baking soda
- 1 ½ cups water
- 1 cup of cornflour
- Food colouring (optional)

What to do:

1. Combine all ingredients into a saucepan.
2. Mix the ingredients together using a whisk to remove lumps.
3. Heat on stove stirring with a wooden spoon.
4. Bring the mixture to the boil continuously stirring.
5. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
6. Turn out onto a flat surface. Be careful the Rubbery Goop will be very hot!
7. Knead together to form a smooth ball of Rubbery Goop.
8. Store in a plastic zip-lock bag or air tight container.



Let's play:

- Rubbery Goop can be played with much like play dough. It is soft, stretchy and easy to mould and shape.
- Use rolling pins, play scissors and cookie cutters.
- Add gemstones, bottle tops, shells, toy cars, dinosaurs or any other nick knacks from around the house.
- Use descriptive language to describe the experience, how does the Rubbery Goop feel? It feels soft, smooth and stretchy.



4. COLOUR MATCH CARS PAINTING

What you will need:

- Paint
- Toy cars
- A large rectangular sheet of paper
- Masking tape.



What to do:

1. Secure the large paper on a flat surface with masking tape, so it holds the paper in place and does not move while the children are painting.
2. Place a blob of paint on each end of the landscape paper.
3. Mix it up so that the cars need to cross each other's path to match the colour.
4. Drive the cars through the coloured wet paint towards the matching paint, e.g. the red car in the red paint, drives across the paper towards the red blob of paint on the other side.
5. Have fun!

Let's play:

- Colour matching cars is a great way to reinforce the learning of colours, checking for understanding and having some fun with colours.
- As the different colours overlap each other a new colour is formed and it's a great conversation starter about mixing colours.
- Once the colour matching activity has been completed, allow the opportunity to explore the coloured paint and cars freely.



5. SQUISHY SENSORY BAGS

What you will need:

- 1 cup of flour
- 6 tablespoons of water and food colouring
- Zip-lock lunch bags (22cmx22cm)
- Sticky tape
- Small mixing bowl
- NOTE: adjust the flour and water amounts if you are using a smaller or larger zip lock bag.



What to do:

1. Place flour into a small bowl.
2. Add food colouring.
3. Now add the water.
4. Mix until all the ingredients are well blended.
5. Scoop the flour mixture into the plastic zip-lock bag.
6. Before fastening the end, place the squishy bag onto a flat surface.
7. Gently push any excess air out to avoid air bubbles.
8. Press the clips of the bag closed and ensure there are no holes.
9. Place sticky tape along the opening to secure the opening.

Let's play:

- Squishy bags are perfect for sensory play without the mess. They are cheap and easy to make and your child will enjoy manipulating and playing with them.
- Place the squishy bag onto a light table/panel.
- Use your finger, soft paint brush, or a cotton wool bud to write your letters, numbers, name writing, drawing pictures, shapes, and words.
- Your child can practice hand and finger movements for pre-writing development on the squishy bag.
- Explore the squishy bag for a sensory experience, watch what happens as you squeeze, squish, press, etc.



6. PAINTING WITH BALLOONS

What you will need:

- 6 balloons (red, orange, yellow, green, blue and purple)
- A paint palette
- Large sheet of paper
- Coloured paint (red, orange, yellow, green, blue and purple)
- NOTE: These balloons are not water balloons, they are regular party balloons filled with air as they are much stronger.



What to do:

1. Inflate the balloons slightly, providing enough volume for small hands to hold and grasp.
2. Pour the paint onto the paint palette.
3. Secure the large paper on a flat surface
4. Place the green balloon in the green paint, red balloon into the red paint and so on.

Let's play:

- Count out loud as each blob of paint is pressed onto the paper with the balloon.
- Set a challenge, can you cover the whole page with paint? Start on the outside of the paper and work your way to the middle of the page.
- Mix the paints and create new colours.
- Use the painted paper as gift wrap or as a book cover.
- Read stories that have balloons and talk about how balloons are used in our world.
- Paint and roll with the balloons. The different coloured patterns that are created with rolling balloons is so much fun to watch!
- Exploring and experimenting: mixing all the paint together and making the balloons extra slippery and slimy to create with.



7. CARDBOARD BOX CREATIVITY

What you will need:

- A box
- Stickers
- Stamps
- Colouring pens, pencils, crayons etc.
- NOTE: These items are only an example; you can use other creative materials such as: stickers, paint, glue, paper cuts, fabric, dot markers, washi tape and more!



What to do:

1. Decorate the box.
2. Have fun!



Let's play:

- Playing creatively with cardboard boxes is great for multi-age groups of children.
- Drawing on cardboard boxes is a motivating way to get reluctant writers/drawers involved.
- Discuss with your child/children about what they would like to make?
- Discuss with you child/children what they are doing? How are you going to play with the box after you have finished creating?
- Add other items as your child's imagination and creativity develops as they create using the box. For example, your child wants to turn the box into a ship and would like to add a flag.
- Nursery rhymes and songs are great for developing oral language skills.
- E.g. **Jack is hiding down in his box...until someone opens the lid...BOO!!**
Jack in a box jumps UP!
Jack in a box goes FLOP!
Jack in a box goes ROUND and ROUND!
The lid goes down with a PLOP!



8. BOTTLE TOP SOUP GAME

What you will need:

- A large tub ¼ filled with water
- Approx. 40 bottle tops (start collecting :))
- A ladle/spoon
- Plastic container
- Towel
- Permanent marker pen



What to do:

The Bottle Top Soup Game is so much fun and has very basic rules for children to follow. The aim of the game is to **not** scoop up the 3 bottle tops with the stars drawn on them. If you scoop a bottle top with a star, you have to tip all the bottle tops back into the water tub.

1. Place all the bottle tops, including the 3 stars bottle tops into the water tub.
2. Mix the bottle top soup around and around with the large ladle/spoon.
3. Scoop up all the bottle tops and place them into the plastic container.
4. If you scoop up a bottle top with a star drawn on it, tip all the bottle tops back into the tub.

Let's play:

- Instead of writing a star under the lid, you could alternatively write the letters of your child's name and as each letter is found, place them out to create your child's name.
- Other alternatives could be numbers, shapes and colours.
- Scoop out only one colour at a time. This is great for coordination and colour recognition!
- How many bottle tops can you get on the spoon at one time? Count them out loud.
- Find only the bottle tops with the stars drawn on them. Do you remember what colour they were? (memory game)
- Nothing beats getting your hands in the water and scooping up the bottle tops.



9. MESSY FUN WITH FINGER PAINTING

What you will need:

- Large paper
- Tape
- Paint
- Little fingers and hands



What to do:

1. Place small blobs of paint onto a large tray (the lid of a plastic container is great for this).
2. Make a rainbow by placing small blobs of paint, each colour of the rainbow in a row onto paper. Then blend and mix the paints together using your fingers and hands.
3. Create patterns, drawings, numbers, words, and shapes in the paint on a tray and place a piece of white paper over the top to create an imprint of the finger paint drawing.
4. Finger Painting is so much fun completed on an easel or a glass window.

Let's play:

- Finger painting is easier for little fingers that are not yet ready to manipulate a brush.
- Sensory experience of exploring paint, textures, and prints.
- Finger Painting strengthens the finger and small hand muscles developing pre-writing skills.
- If you place the paper on the floor, large muscle control and balance could be improved.
- There is a focus on the process, not on the end result or the finished product.
- Finger Painting promotes self-expression, creativity, and imagination.
- Language development: talking about the creative process of finger painting, what the child is painting and colours.
- Kids learn that they can manipulate and be in control of their surroundings.
- It is MESSY, which also means it is FUN!



10. THE NURSERY RHYME BOX

What you will need:

- Star – Twinkle Twinkle Little Star
- Spider – Incy Wincy Spider
- Tea Pot – I'm a Little Tea Pot
- Baby Doll – Rock a Bye Baby
- Doll – Miss Polly had a Dolly
- Stuffed Toy Cow – Old Mac Donald
- Owl – The Owl and the Pussy Cat
- Puppet Mouse – Hickory Dickory Dock
- Puppet Frog – 5 Little Speckled Frogs
- Toy Bus – Wheels on the Bus



What to do:

1. The idea behind the nursery rhyme box is to pick one item out of the box at a time and think of a nursery rhyme (or song) that has that character or object in it.
2. Then you sing the nursery rhyme together with all the actions included.

Let's play:

- Learning nursery rhymes helps to develop and extend vocabulary.
- Rhythm helps children to remember words and develop auditory memory skills.
- Phonemic awareness – hearing and understanding that words are made up of individual sounds and other word patterns.
- Fine motor skills and coordination – Encourages actions and movement.
- This activity is also great for teaching social skills – taking turns.



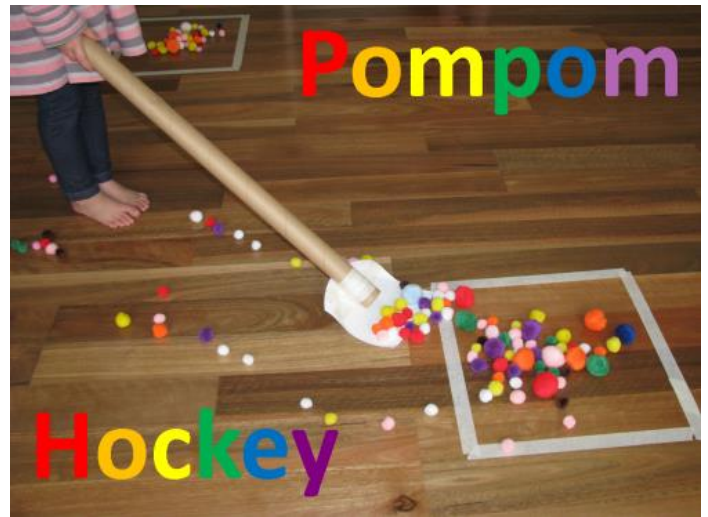
11. POMPOM HOCKEY

What you will need:

- Pompoms (any size will do)
- Masking tape
- Paper plate
- Cardboard tubes

What to do:

1. To make the scoops, cut the paper plate with 3 straight edges.
2. Stick it onto the end of the cardboard tube with masking tape.
3. Make square shape boxes on the floor with the masking tape as the goals for the pompoms.



Let's play:

- The challenge of Pompom Hockey is to get as many pompoms into your square!
- The rules of the game are to not use your hands, only the scoop can be used to move the pompoms around the floor and into the squares.
- The Pompom Hockey could also develop into sorting the pompoms into groups according to colour.
- This would also be a great and fun way to encourage learning about numbers.
- Place a number card into each square and challenge your child to put that number of pompoms to match into the square. Depending on the age of the child, use smaller numbers for younger children and higher numbers for older kids.



12. HOT CHOCOLATE CLOUD DOUGH

What you will need:

- 8 cups flour
- 2-4 cups hot chocolate mix (add enough to get the colour and scent that works for you)
- 2 cups oil



What to do:

1. Measure out the flour and hot chocolate mix into a large container.
2. Add enough hot chocolate mix to get the colour and scent that you'd like.
3. Start with adding just 1 1/2 cup of oil to the dry mixture.
4. Fully incorporate it using your hands or a wooden spoon.
5. You want the dough to seem dry to the touch, but also stick together if you grab a handful.
6. Add extra in 1/2 cup flour until you reach the desired texture.

Let's play:

- Include and pick several fun kitchen tools so that the children would have several ways to extend their play e.g.:
- empty container
- manual flour sifter (great for practicing finger strength and dexterity)
- cake liners
- tea cups
- cookie cutters
- manual egg beater
- silicone tea cup “cupcake” liner
- All of the tools will allow the children to practice practical life skills, such as scooping, opening containers, and learning about simple machines (the manual egg beater and sifter).
- Feel free to add new tools!



13. OOBLECK

What you will need:

- 2 cups corn-starch
- 1 cup water
- Food colouring (optional)



What to do:

1. Start with the water in a bowl and add the cornstarch a bit at a time.
2. Keep stirring until it has a gooey consistency. You may want to use your hands.
3. When the oobleck is just right, slowly add food coloring, if you want. This can be a challenge to get it mixed properly.
4. Play with it.
5. NOTE: When mixed you should be able to press a handful of oobleck into a ball in your hand; when you release the pressure the ball should “melt” back into a liquid.

Let's play:

- Grab a handful and squeeze it. Let it ooze through your fingers.
- Make a puddle and quickly drag your fingers through it.
- Put it into a plastic container and shake it or quickly bump it against a table.
- Jab at the oobleck and then slowly let your finger sink in.
- Roll some oobleck into a ball. It becomes solid, but when you stop moving it, it will melt back into your hand!
- **Add Baskets:** Try using strawberry basket! Place a wad of oobleck in a strawberry basket and watch it drip through the bottom!
- **Paint with Oobleck:** Make batches of oobleck in different colours then drizzle the colours together onto a large shallow tray.



14. RAINSTICK MUSICAL BOTTLE

What you will need:

- Water bottle (Look for a bottle from the recycle bin that makes a nice sound)
- Sticks and twigs
- Rice
- Super Glue

Alternatively you could also use:

- Cotton ball clouds instead of sticks and twigs.

What to do:

1. Grab a bottle from the recycle bin and peel off the sticker on the bottle.
2. Fill the bottle with sticks and twigs. Invite your children to fill the recycled bottle with small sticks and twigs to exercise their fine motor muscles.
3. Add rice to your rainstick craft. Invite your children to add 5 – 10 teaspoons of rice to the rainstick musical sensory bottle to practice scooping and transferring.
4. Place the lid on the rainstick diy sensory bottle and slowly tip your musical sensory bottle instrument from top to bottom to hear the gentle pitter-patter of rain.

Let's play:

- A DIY rainstick calm-down bottle is a musical instrument that is fun to watch and listen to... It makes the gentle sound of pitter-patting rain when tipped slowly from top to bottom.
- Have your child turn the rainstick in various ways to hear different sounds.
- Use coloured toothpicks or bottles to increase sensory experience visually.
- Add music to the environment and see if the child can use the rainstick in combination with the rhythm of the music.



15. EDIBLE SENSORY PLAY BALLS

What you will need:

- Jelly (various colours)
- Ice Ball Makers
- Large tray or tub
- Bowls (optional)

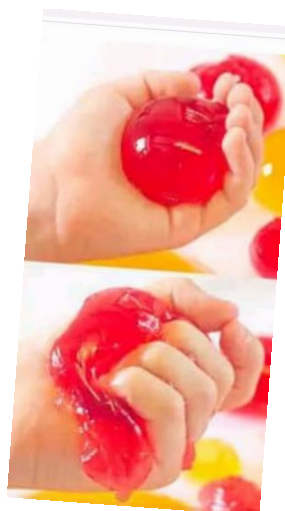


What to do:

1. Mix up the Jelly according to the pack's instructions.
2. Add it to your ice ball moulds.
3. NOTE: If the weather is very warm or you have your heating on I'd recommend using a little less water than the packet says, so the balls will hold their shape better in the heat.
4. Pour some Jelly into cereal bowls to make large semi-spheres too.
5. Once the Jelly is set, simply empty the ice ball moulds out on to a large tray and let the sensory play begin.
6. TIP: Use ice ball moulds in two different sizes to add variety to the sensory activity.

Let's play:

- This is an activity that truly stimulates all the senses!
- It's super to let the children take the lead and explore the edible sensory balls in their own way.
- Kids might like holding the edible balls and squeezing them to change their shape.
- They might watch and feel the ball break up and squelch through their fingers.
- They might use their whole hand to squash the sensory Jelly balls flat.
- And then there's the taste of course, and the textures as they roll it and squish it around.



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