



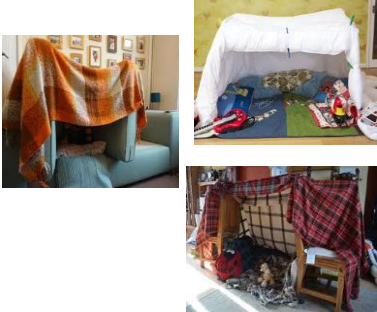


(Week 1)

Sensory activities to try at home with your child

- We have 8 senses: touch, taste, sight, smell, hearing, proprioception, vestibular and interoception.
- Activities which promote these senses can help your child to process the world around them and can also help to build their fine or gross motor skills.
- The activities below can be created using items that you may have in your home and many can be adapted to suit whatever resources you can find!

Why not have a go at one activity this week?

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|---|---|--|
| Scented Playdough  | You will need: <ul style="list-style-type: none"> ❖ 2 cups of plain flour ❖ 1 cup of salt ❖ 1 tbs oil ❖ ½ to 1 cup of cold water ❖ 2 drops of food colouring ❖ Your choice of smell (e.g. vanilla essence, lemon juice, herbs) | How to make it: <ol style="list-style-type: none"> 1. Mix plain flour and salt. 2. Add water, oil and food colouring to the flour and mix till combined. 3. Knead well. 4. Add more flour if the consistency is too wet. 5. Divide the playdough into separate bowls and add your choice of smell. |
| Curly worms  | You will need: <ul style="list-style-type: none"> ❖ Pipe cleaners ❖ Twigs/sticks/handle of a spoon ❖ Googly eyes (optional) | How to make it: <ol style="list-style-type: none"> 1. Wind a pipe cleaner around a stick. 2. Slide the pipe cleaner off the end of the stick. 3. You could also give your worm a face by sticking on some googly eyes! |
| Den building  | You will need: <ul style="list-style-type: none"> ❖ Tables ❖ Chairs ❖ Sofas ❖ Sheets ❖ Blankets ❖ Cushions ❖ Fairy lights/relaxing music (optional) | How to make it: <ol style="list-style-type: none"> 1. Push two chairs together and drape a sheet over to create walls for your den. 2. Add sofa cushions and sofa seats for extra walls and floor covering. 3. You could also turn your den into a calming sensory space by adding fairy lights or relaxing music. |

