



(Week 2)

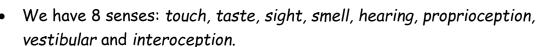




## Sensory activities to try at home with your child

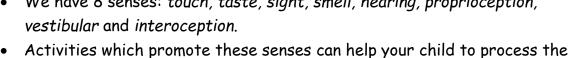




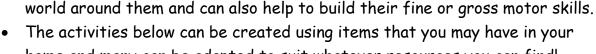














home and many can be adapted to suit whatever resources you can find!











Why not have a go at one activity this week?

### **Textured Balloons**

### You will need:

## How to make it:





### **Balloons**

Funnel

1. Blow up the balloon and hold the air in for 1 minute so it stretches the balloon. Then let the air out.



hair gel) Sensory items to fill the balloon (e.g. sand, salt, corn starch, marbles, playdough, rice)

Something slimy (e.g.

2. Put the funnel into the opening of the balloon.



3. Mix your choice of sensory item with the slime.







4. Pour the mixture through the funnel into the balloon.



5. Make sure you leave enough room to tie off the end of the balloon.

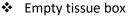




#### You will need:

# How to make it:

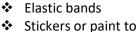




decorate (optional)







bands can create different sounds) 2. Decorate your box with paint or

empty tissue box (different size

1. Wrap elastic bands around an



your favourite stickers.



3. Enjoy strumming your guitar!

How to make it:





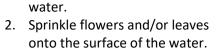
### You will need:

Water



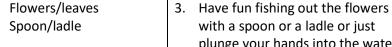


Large container (e.g. bucket, plastic box, washing up bowl)



1. Fill your container half-full with







plunge your hands into the water to enjoy the sensory feeling!



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