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- 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!
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Why not have a go at one activity this week?

Textured Balloons 	You will need: <ul style="list-style-type: none"> ❖ Balloons ❖ Something slimy (e.g. hair gel) ❖ Sensory items to fill the balloon (e.g. sand, salt, corn starch, marbles, playdough, rice) ❖ Funnel 	How to make it: <ol style="list-style-type: none"> 1. Blow up the balloon and hold the air in for 1 minute so it stretches the balloon. Then let the air out. 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.
Tissue box guitar 	You will need: <ul style="list-style-type: none"> ❖ Empty tissue box ❖ Elastic bands ❖ Stickers or paint to decorate (optional) 	How to make it: <ol style="list-style-type: none"> 1. Wrap elastic bands around an empty tissue box (different size bands can create different sounds) 2. Decorate your box with paint or your favourite stickers. 3. Enjoy strumming your guitar!
Flower fishing 	You will need: <ul style="list-style-type: none"> ❖ Large container (e.g. bucket, plastic box, washing up bowl) ❖ Water ❖ Flowers/leaves ❖ Spoon/ladle 	How to make it: <ol style="list-style-type: none"> 1. Fill your container half-full with water. 2. Sprinkle flowers and/or leaves onto the surface of the water. 3. Have fun fishing out the flowers with a spoon or a ladle or just plunge your hands into the water to enjoy the sensory feeling!

