



(Week 4)



Sensory activities to try at home with your child



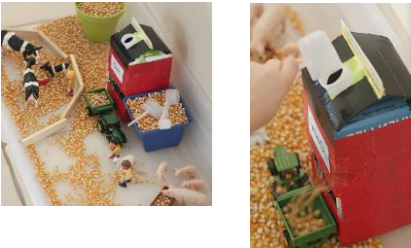


- We have 8 senses: *touch, taste, sight, smell, hearing, proprioception, vestibular and interoception.*
- Activities which promote these senses can help your child to process the world around them and can also help to build their fine or gross motor skills.
- The activities below can be created using 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?



Rainbow Chickpeas 	You will need: <ul style="list-style-type: none"> ❖ Dried chickpeas ❖ Plastic bag ❖ Liquid food colouring 	How to make it: <ol style="list-style-type: none"> 1. Put one and a half cups of dried chickpeas into a plastic bag. 2. Add 5-6 drops of the food colouring of your choice. 3. Mix really well. 4. You may need to add a few drops of water for the colour to distribute evenly.
I Spy bottle 	You will need: <ul style="list-style-type: none"> ❖ A plastic bottle that you can see through ❖ Uncooked rice ❖ Small objects (e.g. crayon, paper clip, key, pin, toy) ❖ Card/paper/pen to create a checklist of the objects to find (optional). 	How to make it: <ol style="list-style-type: none"> 1. Pour rice into the bottle. 2. Put small objects into the bottle. 3. Top the bottle up with rice and seal the lid. 4. Enjoy moving the bottle around to search for the objects inside - this can be a very soothing activity! 5. You could create a checklist of the objects in the bottle to tick off when you have found them.
Farm sensory play 	You will need: <ul style="list-style-type: none"> ❖ Tray or box ❖ Empty milk carton or tubs ❖ Unpopped popcorn ❖ Toy tractor ❖ Toy farm animals ❖ Toy people 	How to make it: <ol style="list-style-type: none"> 1. Put the corn into the tray. 2. Add the objects to the tray. 3. You could make a corn dispenser with the milk carton. 4. Enjoy playing with the farm!