






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 painting  | You will need: <ul style="list-style-type: none"> ❖ Paper/card ❖ Paint ❖ Bubble wrap | How to make it: <ol style="list-style-type: none"> 1. Squirt thin lines of paint onto a piece of paper or card to form a rainbow. 2. Put a sheet of bubble wrap over the paint. 3. Enjoy popping the bubble wrap with your fingers and seeing the paint move around underneath. 4. Peel back the bubble wrap to see your finished rainbow creation! |
| Shape sorting  | You will need: <ul style="list-style-type: none"> ❖ Sticky tape ❖ Any different shaped objects you can find around the home | How to make it: <ol style="list-style-type: none"> 1. Use tape to mark out different shapes onto the floor. 2. Enjoy searching your home to find objects that can be sorted into each shape. |
| Hot chocolate cloud dough  | You will need: <ul style="list-style-type: none"> ❖ 8 cups Flour ❖ 2-4 cups Hot chocolate mix ❖ 2 cups Vegetable oil ❖ Various kitchen tools to play with (optional) | How to make it: <ol style="list-style-type: none"> 1. Measure out flour and chocolate mix into a bowl, adding enough chocolate to get the scent and colour that you want. 2. Add the oil to the mixture. 3. Mix well with hands or a spoon. (Dough should feel dry but stick together if you grab a handful.) 4. Use different kitchen tools to play with your dough or just explore with your fingers! |

