

Being with adults we feel safe and secure, which are the foundations for learning. Use this time to connect with your young people, have laughter and fun. This will support them to develop further and be ready to return to school when the time comes.

Here are some creative ideas for things to do together.

Sensory Activity Cards

Finger Paints

You will need:

- 2 cups white flour
- 2 cups cold water
- Food colouring



Tips:

- Add other materials to make different sensory experience.
- Instead of food colouring, use powered jelly for a colour and scent.
- Children to play on a plastic surface then take a print.
- Out paint onto a plastic mirror to get a nice reflection back when playing, again take a print.
- Warm in microwave just prior to use.
- Put in shallow tray and use feet.

Sensory Activity Cards

Bubble Fun

You will need:

- $\frac{1}{2}$ cup washing up liquid
- 5 cups water
- 1 teaspoon of sugar
- 2 tablespoons of glycerine

Tips:

- Microwave in a large tub for 10 seconds for better bubbles.
- Other things to blow out of:
 - funnels
 - plastic tubes
 - rope tied in a hoop
 - tennis racquet
 - plastic netting

Sensory Activity Cards

Sands Good

Tips:

- Add a splash of water and washing up liquid for another sensory element.
- Add food colouring too.
- Add white glue and a dash of paint. Paint on card and then dry to create a longer term creation.
- Add glitter.
- Add metal objects and children use magnets to find the objects.
- Use a shallow tray, add paintbrushes and allow to make marks.
- Put a shallow amount of sand on top of a bright picture or mirror.



Sensory Activity Cards

Cereal Fun

Rice Crispies

- Add water and colouring, listen and squish.

Oats

- Dry - avoid excessive eating.
- Add water to make squishing and silky.

Wheat Biscuits

- Float on water.
- Mix with water.

Cornflakes

- Mix with water and colour.

Hoop Cereal

- Thread on to a string or make them float on water.



Make up a range of items for young people to touch, look at, explore, pour. Hide things in them for them to find. Place in a bag where they reach in and don't know what they will find. Encourage exploration, talk and laugh with them, find and hide things for each other. Add songs and rhymes. Play and have fun.

Top Tips:

- ✓ Be encouraging and patient when your child is doing something for the first time.
- ✓ Notice when they are really interested in an activity and encourage them to do it for as long as possible.
- ✓ Playing alongside/with your child will support them to remain interested and enthusiastic about the game or activity.