

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 activities 3

Sensory Activity Cards

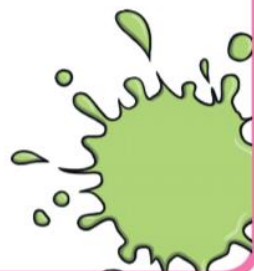
Sugar Paints

You will need:

Icing sugar
Powder paint
Water

Method:

1. Make a thin solution of icing sugar and water. Spread over paper.
2. Sprinkle powder paint over paper.
3. Allow time to dry (takes a long time).
4. It dries shiny.



Sensory Activity Cards

Nature Fun

Soil

- Add dinosaurs, bugs, animals, garden tools, pots etc.

Turf

- Add dinosaurs, animals, tractors, small people etc.

Autumn leaves

- Give children a wheel barrow to collect and put into paddling pool to jump in.

Hay/straw

- Smells great, children can make nests, feed animals etc. Provide hay bale to pull apart, great for motor skills.

Feathers

- Large amounts of craft feathers in paddling pool to sit in.

Shells

- A large selection presented on blue material, shiny metal trays or child safe mirrors.

Sensory Activity Cards

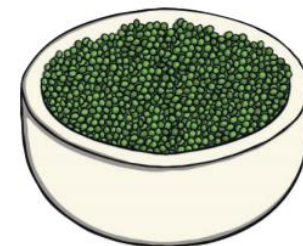
Tapioca

You will need:

Packet of tapioca
Water
Food colouring

Tips:

- Allow children to explore dry tapioca as it is a great alternative to sand and feels great, but can become very static.
- Boil tapioca according to instructions using water instead of milk, add food colouring.



Sensory Activity Cards

Silky Dough

You will need:

8 parts flours
1 part baby oil

Method:

1. Mix together, it will be soft but holds together like wet sand.
2. Add a splash of food colouring.
3. Use different scents of baby oil, appropriate to colour.



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. Explore with colours, shapes, size.

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.