

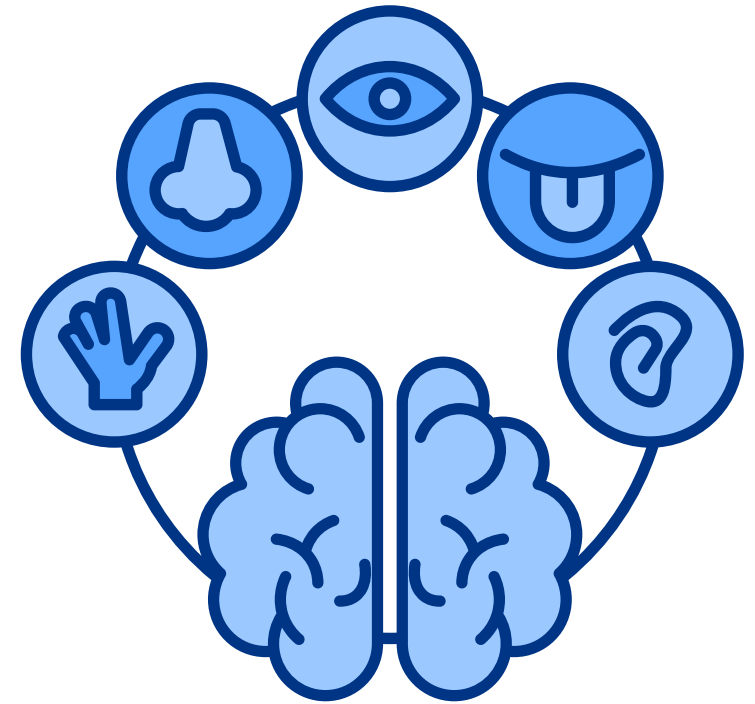
# Sensory Activities



# Importance of Sensory Activities

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- Sensory play are activities that stimulate the senses.
- Our sensory systems tell us about our body's position, how we move, what we hear, see, smell, taste, and touch. Most children diagnosed with autism react to their surroundings in different ways because their sensory systems react differently.
- Some children are Hypersensitive or Hyposensitive or both
- Sensory play helps:
  - Build connections in the brain
  - Build concentration
  - Encourages development of motor skills
  - Supports language development
  - Encourages problem solving
  - Helps children feel relax and calm



## Scented Playdough

### Ingredients:

- 4 cups of flour
- 2 cups of salt
- 4 tablespoons of tarter
- ½ cup of oil
- 4 cups of boiling water
- 6 tablespoons of food colouring
- Add scent i.e. lavender, cinnamon, vanilla, ginger



## Cloud Dough

### Ingredients:

- 1 cup of corn-starch
- ½ cup of lotion (baby lion or regular lotion)
  - Food colouring



## Cornflour Gloop

### Ingredients:

- 2 cups of cornflour
- 1 cup of water
- Food colouring



## Slime

### Ingredients:

- 1 cup of PVA
- 1 teaspoon of bicarbonate soda
- 1 cup of white shaving foam (optional)
- Food colouring
- Contact lens solution



## Freeze Toys

What to do:



- Find a plastic container that the toy can fit into
- This could be a large ice tray, sandwich container, yoghurt pot etc
- Drop your chosen toy in to container, fill with water and freeze over night
- Use different tools to get the toy out of the ice, i.e. a spray bottle with warm water, toy hammers etc

## Musical Instruments

What to do:



- Use a water bottle or container
- Add in some items that make sound i.e., pasta, rice, pom poms, beans etc
- Secure lid with tape to stop bottle being opened
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## Colour Spaghetti

What to do:



- Simply cook the spaghetti according to the package instructions
- Add a few tablespoons of oil (enough to coat)
- Add a few drops of food colouring
- Let the spaghetti dry (over an hour)
- Place into large container and let the fun begin



# Sensory Bins

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- A sensory bin is typically a plastic tub, or a large container of some sort filled with materials and objects carefully selected to stimulate the senses.
- A sensory bin can be filled with a large variety of different materials such as shredded paper, water beads, water, sand, coloured rice, coloured spaghetti and more.



# Types of Sensory Bins



## Pom Pom Sensory

What you need:

- Pom poms
- Small jugs, spoons, scoops
- Different sized containers



## Pasta Sensory

What you need:

- Coloured pasta shapes
- Paper hearts, or paper squares
- Containers, scoops and spoons



## Ice Sensory

What you need:

- Frozen ice, different sizes
- Small spoons, toy hammer, spray bottle with warm water

# Types of Sensory Bins



## Forest Sensory

What you need:

- Stones, leaves, grass, berries
- Add in some containers and spoons



## Coloured Rice Sensory

What you need:

- Coloured rice
- Tongs and bowls
- Pom poms



## Vehicle Sensory

What you need:

- Stones, rocks, gravel
- Small toy vehicles
- Scoops and spoons