



Sensory play ideas

Benefits of sensory play



Develops all five senses in pupils



It is a hands on, practical approach to learning about the world we live in



It can be calming



Encourages focus and engagement



Supports the development of motor skills



A great opportunity for play! It can support intensive interaction skills

Sensory BINS



Sensory bins

- A sensory bin is a large container filled with a child's favourite sensory material, e.g. sand. They usually have other items placed in them, e.g. scoops with sand and buckets.

- They work great for any topic.

- 'Watch us Grow' sensory bin

- Fill the tray with soil

- Add some small scoops

- Add some flowerpots and flower bulbs

- Add a spray bottle of water

- Allow the pupil opportunity to explore the materials independently initially.

- Begin to model how to make a flower!
Opportunity for play and language skills, intensive interaction and motor skills.

EASY HOMEMADE
PLAYDOUGH
IN FIVE MINUTES

Homemade Playdough

- 2x cups of flour
 - 1x cup of salt
 - 1x cup of water
 - Food colouring
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- Mix the salt with the water. Add some food colouring. Slowly add some flour and mix. Repeat until you have a nice dough. Remove from the bowl and use your hands!



Homemade Moon Sand

- 8x cups of flour
- 1x cup of baby oil
- Food colouring

- Mix the flour with the oil. Add a generous amount of food colouring. Mix altogether and place in a sensory bin. Add items to relate to a theme.



Sand Foam

- Foam
 - Sand
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- Mix foam with enough sand (however much you would like). Add to a sensory bin with items related to topic.





Homemade Marshmallow Slime (taste safe)

- Jumbo marshmallows
- Powdered sugar
- Cooking oil (as needed)

- Microwave the marshmallows until melted. Add powdered sugar (a spoon at a time) to the mixture until there is a stretchy texture. To minimise the stickiness, add a drop of cooking oil.



Dry play ideas

- Sand tray
- Cereals- porridge oats, Weetabix, rice krispies...
- Pasta/spaghetti
- Rice
- Flour, cocoa powder, icing sugar, jelly powder



Wet Play ideas

- Jelly cubes or smashed up
- Rice pudding
- Wet sand, soil, grass etc
- Water trays
- Dry cereals mixed with milk or water
- Chocolate pudding
- Syrups
- Ice cream with sauces, sprinkles etc
- Foam, shaving foam, cream

Useful websites

<https://littlebinsforlittlehands.com/kids-sensory-play-ideas/>

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

<https://www.earlyyearscareers.com/eyc/enabling-environment/15-messy-play-ideas-for-under-2s/>

<https://www.pinterest.co.uk/iowafarmerswife/messy-play/>