

Sensory Play

Ages 2-7

Sensory play stimulates one or more of the five senses. Sensory activities support motor skill development, encourage independent play + self-expression – and they're a lot of fun! Some of these ideas can get a little messy, so you might want to try them in a sink, an empty bathtub, or outdoors.

Create

Ice Paint Sensory Bin

Learn about color mixing by painting your ice! This activity uses the three primary colors – red, yellow, and blue - so you can mix them and see what different combinations create.

Materials: Squeeze bottles, ice, washable paint (red, yellow, and blue), water, bin.

Add a small amount of paint to the bottom of a squeeze bottle (one color per bottle), then fill the rest of the bottle with water and shake it up. Fill a bin with ice. Start squeezing your paint across the ice cubes! What happens when you mix red and yellow? Red and blue? Blue and yellow?

Bonus – as the ice melts, you've got water play ready to go!

Write

Crete A Sensory Poem

Subject

Something you see
Something you smell
Something you hear
Something you taste
Something you touch
Repeat subject

Here's an example:

Halloween
Children in costumes everywhere
Chilly October air
Trick or treat!
Chocolate on my lips
Holding my brother's hand tight
Halloween

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Touch

Sea Foam

If you'd rather be splashing around at the beach, this foam recipe will help bring the beach to you.

Materials: 1/4 cup of warm water, 2 tbsp dish soap, 2 tbsp cornstarch (or corn flour), blue food coloring (liquid watercolors would work too!), blender/hand mixer, bin.

Add the water, dish soap, cornstarch and food coloring in the blender. Blend on high speed until stiff peaks form (if you don't have a blender, your grown-up can help you mix it vigorously in a bowl). If the foam is too wet, add more dish soap and cornstarch as needed. Move the foam into the bin, and have some fun! What words would you use to describe the texture?

Explore More

Make Oobleck

https://www.youtube.com/watch?v=mguzTuq_ZMs

Oobleck is both a solid and a liquid, giving it the texture of slippery slime. Learn how to make your own oobleck with just a few materials gathered from around the house.



Act

Pretend you are a family pet. How would you let your family know when you are happy? Sad? Hungry? Bored?

Act out these emotions and see if a friend can guess what you're feeling!

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