

Sensory Activity Cards

Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Bubble Fun!

You need:

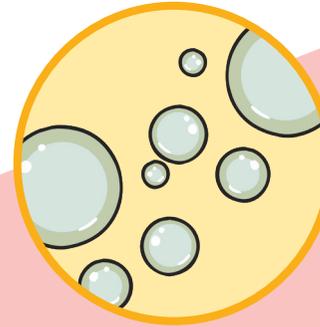
- 1/2 cup washing liquid
- 5 cups of water
- 1 teaspoon sugar
- 2 tablespoons glycerine

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



Finger Paints

You need:

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

Tips:

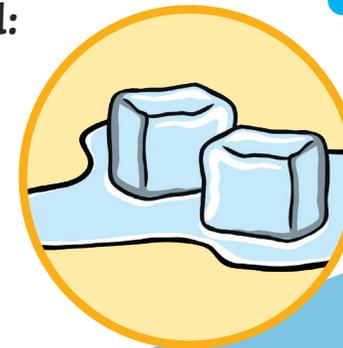
- Add other materials to make a differing sensory experience.
- Instead of food colouring, use powdered jelly for colour and scent.

- Children to play on a plastic surface then take a print.
- Use paint on a plastic mirror to get a nice reflection back when playing then take a print.
- Warm in microwave, just prior to use.
- Put in shallow tray and use feet.

Ice Fun!

You need:

- Ice



Tips:

- With the children, put water into the moulds.
- Freeze objects in ice.
- Grate to make snow.
- Provide salt to melt ice.

- Use a range of moulds, e.g. small balloons and gloves.
- Add food colouring before freezing.
- Layer up different colours as they freeze.
- Put ice in water and add toy boats, penguins, etc.

Flax Fun!

You need:

- Packet of flax
- Water

Tips:

- Give to children to play with dry.
- It is very silky and slides between your fingers.
- Add water and boil to make a very glutinous mixture.



You need:

- 1 cup sand
- 1/2 cup corn flour
- 3/4 cup hot water



Tips:

- Use as an alternative to sand, it has a lovely texture and is great for pouring.
- It forms little balls when wet.
- Allow children to mix with water to make a very sticky and grainy paste.

Tapioca

You 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. Great for putting in the water tray as frogspawn.

Colour Mix

Play Dough

- Give children balls of primary colours, allow them to mix.

Hand Painting

- Paint one hand one colour and the other another.
- Rub hands together to make new one.

Water

- Add primary coloured food colouring to clear pots of water.
- Use syringes or pipettes to transfer water to another pot and create new colours.



Cereal Fun

Puffed Rice

- Add water and colouring, listen and squish.

Oats

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

Cornflakes - Mix with water and colour.

Wheat Biscuits

- Float on water.
- Mix with water.

Cereal Hoops

- Thread onto string or make them float on water.

Sand's Good

Tips:

- Add a splash of water and washing-up liquid for another sensory element.
 - Add food colouring too.
 - Add PVA 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 in a shallow tray, add paintbrushes and allow children to make marks.
 - Put a shallow amount of sand on top of a bright picture or mirror.

Silky Dough

You need:

- 8 parts flour
- 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.

Sugar Paints

You 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 to dry (takes a long time).
4. It dries shiny.



Salt Dough

You need:

- 4 cups salt
- 1 cup cornflour
- Water



Method:

1. Mix salt and cornflour in pan.
2. Add enough water to form a paste.
3. Cook over medium heat, stirring constantly.

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Laboratory

You need:

- Cooking oil
- Vinegar
- Baking Powder
- Baby oil
- Salt and sugar
- Cloths
- Spoons
- Water
- Ketchup
- Cornflour
- Flour
- Ice
- Food colouring
- Lolly sticks
- Pipettes
- Plastic pots
- Plastic bottles
- Bicarbonate of soda



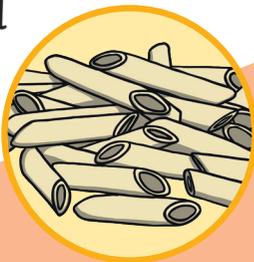
Use the materials to create a fun laboratory and encourage mixing and experimenting!

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Pasta

You need:

- Pasta shapes/ spaghetti
- Food colouring
- Water
- Cooking oil



Method:

1. Cook pasta according to packet.
2. Add food colouring to water before cooking and plenty of oil to prevent sticking and make it slimy.
3. When cooked, rinse well with hot water.

Tip

Try different pasta shapes and using instant noodles for speed.

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Nature Fun!

Soil

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

Turf

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

Feathers

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

Hay/ Straw

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

Shells

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

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