

Sensory Activities to do at home

* Finger painting
* Shaving foam - on a table/on the shower screen
* Big bowl of jelly – encourage to put hands in and play with jelly/squeezing/smelling
* Bowl/tub of rice – cup/funnels/sieve/scoop
* Playdough
* Play with bubbles and warm water
* Baby/toy wash station
* Freeze toys in ice and rescue them with warm water.
* Make a tower with shaving cream and wooden blocks.
* Have a bubble bath
* Soak feet in basin of warm water and bubbles
* Create a sensory shaker bottle using an empty plastic (clear) bottle, glitter and water (and whatever else you’d like to put in there!)
* Water play – buckets, scoops, whisk, jugs, straws
* Draw/paint with feet