

Sensory Play



What is
sensory play?

Sensory play helps children to explore and promotes the child's creativity, it also helps the child learn how to share with others.

Sensory and messy play allows children to explore and experiment with different tastes, textures, smells, shapes and colours.

Benefits of
sensory Play.

Helps to develop
hand- eye
co-ordination.

Children
develop and
learn through
their different
senses.

Sensory play also helps
to promote language
development.

Helps to develop fine motor skills.
Fine motor skills are the coordination
of small muscles and movements
within the hands and fingers this
helps with everyday tasks such as
feeding, themselves, holding toys,
getting dressed, writing/mark
making.

Different materials
you can use for
sensory experiences.

You can use different materials for sensory play such as play dough, paint, jelly, moonsand, rice, pasta, beans water, shaving gel/foam, gloop, sand, cold dough etc.

You can use different household utensils for different experiences such as spoons, whisks, lids, colanders, funnels, jars, bowls, plates, cardboard tubes, paint brushes etc

Gloop

2 cups of cornflour

1 cup of water

Large container/bowl

Food colouring optional.

Place cornflour into container and some water mix water and cornflour together you can also add in food colouring if you like. Your gloop should be ready when it is being held up and a solid when in hands.

Playdough

One cup of plain flour

Two table spoons of salt.

Half a cup of water

Food colouring/ paint optional

Table spoon of vegetable oil.

Mix the flour and salt into the container then add in some water and food colouring/pint if you want. Mix this all together until you are able to knead it with your hands you can do this in the container or on work surface dusted with flour, if you fee you need more flour or water to get the e correct consistency you can.

Moon sand

4 cups of flour

1 cup of baby oil

Food colour optional

Bowl or container

If you would like to add colour to your moon sand add in a few tables spoons and then add in a cup of oil give this a mx and add in the cups of flour until you are able to squeeze together the mixture. You can add more oil or flour until you get the correct consistency.