

Sensory play, learning links

Instagram accounts to follow for play and sensory ideas

@play.hooray

@fiveminutemum

@beckys_treasure_baskets

@the_play_at_home_mummas

@tufflove_and_sensoryplay

@sen_teacher_

@sensoryplay.uk

@earlyyearsoutdoor

@sensoryideas

Sensory/messy play ideas

- <https://www.learning4kids.net/list-of-sensory-play-ideas/>
- <https://lemonlimeadventures.com/12-sensory-play-ideas-to-encourage-hands-on-learning/>
- **Cloud Dough**
 - Pour 1 Cup Baby Rice into a container
 - Add 3 Tablespoons of Melted Coconut Oil to the rice cereal.
 - Mix and let the mixture cool.
- **Cornflour gloop**
 - Cornflour
 - Water
 - Colouring (if desired)
- **Paint with different objects** – sticks, plants, feathers, fruit/veg printing, hands and feet etc
- **Water play**
- **Sock bubble snakes**

Plastic bottle - wide end cut off, Sock, Washing up liquid and water

Put sock over end of bottle, dip into washing up liquid/water solution, blow through drinking end.

- **Crazy soap**
- **Water spray bottles**
- **Coloured rice/spaghetti**

- **Ice play – freeze (safe or edible) objects in ice** – explore them, try and melt them, use other tools to try and break the ice to get to objects
- **Collect leaves, flowers, petals etc and make potions and perfumes**
- **Mud kitchens**
- **Have a bath purely for playing** – take different toys, bath bombs, crazy soap etc, bath crayons

Play ideas

- **Containers, sieves, pots and pans** – play with rice, water, flour
- **Digger land** – set up vehicles with cereal, rice, soil, corks etc
- **Nature hunt outside** – make a list of objects to find
- **Plant seeds/vegetables etc**
- **Dig for worms and other creatures**
- **Bath dolls**
- **Muddy puddles** – tray with hot choc powder and water to make mud, put animals or anything that your child is interested in in muddy tray. Have a second tray with clean soapy water in and wash the animals/objects after they have got muddy.
- **Duplo/lego/blocks**
- **Puzzles and jigsaws**

Story ideas

- **You tube** has lots of stories recorded
- **You can also do your own sensory story**

Choose a book and get together some simple resources to support story in a sensory way:
e.g.

Hair dryer on different temp settings for wind, hot sun

Water spray and umbrellas for rain

Spices for smells

Instruments for different noises/actions

Different fabrics and textures to feel

Soft toys to represent characters in the story

Food items for taste

Ice and heat packs for cold/warmth

Foil blankets

Sensory diet activities

- Trampolining.
- Swings (forward and back, side to side, rotary)

- Rough and tumble play.
- Deep pressure squishing or sandwiching with pillows or balls
- Spinners and roundabouts

Swinging

- outdoor swings
- indoor swings

Chewing

- crunchy foods
- salty or spicy foods
- chewy jewelry
- chewable safe toys
- teethers and chewable toys

Vibration (is alerting versus calming when used in short bursts)

- handheld massagers
- vibrating cushions/pillows

Playing with textures (Stimulates the tactile sense)

- shaving cream
- finger Paint
- mud
- wet sand
- water
- ice

Blowing

- various whistles and noise makers
- bubbles
- pinwheels

Movement

- Rolling on a large ball on back or belly
- Scratching arms over heads.

- Bending and straightening legs.

Sensory Activities that are Calming

- Wearing Tight Clothing
- Body socks or stretchy bands for short intervals during play
- Compression clothing worn throughout the day
- Wearing compression or weighted vests for 10-20 minutes during difficult times of the day (i.e. transitions)
- Quiet time in sensory tent

Playing in sensory bin (tons of ideas, the sky is the limit)

- rice
- beans
- birdseed
- sand
- cloud dough
- spaghetti/ noodles

Touch

- Massage
- Kneading playdough or therapy putty

Squishing and squeezing

- hugs
- wrapping up tightly in blanket
- sleeping in stretchy sheets that are tucked in on sides
- laying under a large yoga ball

Using essential oils (different types of oils are used to calm or be alert)

- in room diffusers
- in bath

Audio

- Listening to rhythmic or soft music
- Make sounds around the home with different objects.

Watching slow moving or soothing images

- Fish tank
- Lava lamp
- Slow changing lights

Sucking/drinking

- Drinking something warm
- Sucking thick milkshake through a straw
- Drinking something cold

Slow rocking

- Rocking chair
- Hammock
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Play together, go out for walks, let them play with siblings and by themselves, allow down time, Ipad, Tv, time in the garden etc

We hope the above list helps give you some ideas of things you could do with your child at home, you know your child best so know which activities they will and won't be able to access, you will also have some good ideas of your own, this list is by no means exhaustive but we hope it is useful.