

Sensory

A to Z

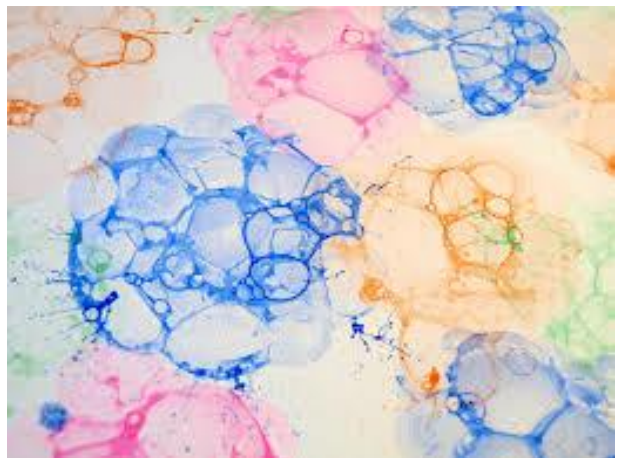


Art

WHAT IS SENSORY ART?

Sensory art consists of specific art activities that relate to your child's senses such as touch, sight, sound, smell, and taste. By providing a variety of sensory play activities your child will naturally learn how to explore, investigate, and create. These are the beginning steps to raising creative thinkers. The following art activities below are designed to provide your child an opportunity to explore and create through the sense of touch. It is important to remember that sensory art is about the process and exploration and not the end result of the artwork. Let your child have fun and explore!

<https://innovationkidslab.com/sensory-art/>





Rainbow Soap Foam Bubbles Sensory Play

2 Tbsp of dish soap

1/4 cup water

food colouring

In a bowl, add 2 Tbsp of dish soap and 1/4 cup of water. Add food colouring or Colorations Liquid Watercolours (we used Liquid Watercolours here) to the mix if desired. Mix on the highest possible setting for 1-2 minutes. Your foam should be able to form stiff peaks that hold their shape. Scoop it out into your container and repeat as necessary until you have the desired amount of foam!

If your child has sensitive skin, you can substitute whatever bubble bath they use for the dish soap in the recipe above.

<https://www.funathomewithkids.com/2013/08/rainbow-soap-foam-bubbles-sensory-play.html>



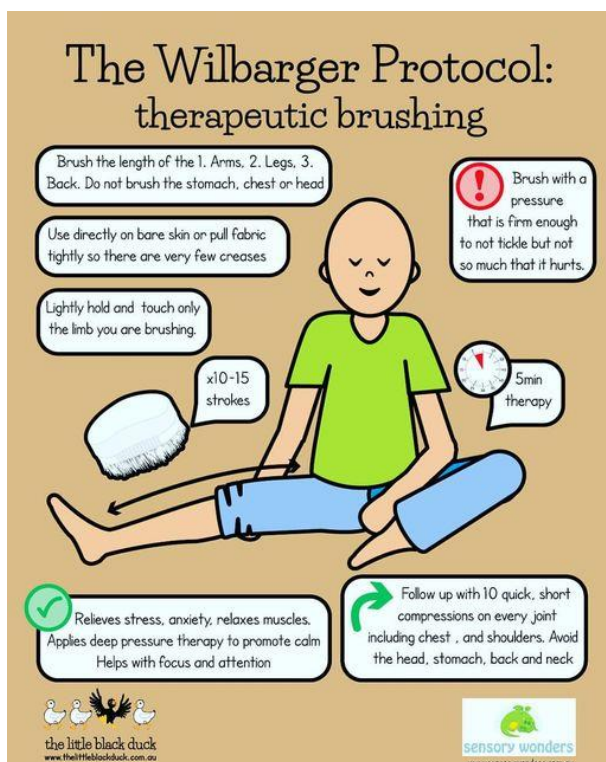
Fun at Home with Kids

The Wilbarger Protocol (Brushing) for Sensory Integration

Helping People Sensitive to Touch

The Wilbarger Protocol (also referred to as brushing therapy) is often a part of a sensory integration or sensory therapy program. It involves brushing the body with a small surgical brush throughout the day. People who exhibit symptoms of tactile defensiveness are extremely sensitive to touch. They often fear or resist being touched, have difficulty transitioning between activities, and may be lethargic. This therapy was developed by Patricia Wilbarger, MEd, OTR, FAOTA.

<https://nationalautismresources.com/the-wilbarger-protocol-brushing-therapy-for-sensory-integration/>



Balloons

Sensory balloons are fun to play with and so easy to make as well. Awesome filled texture balls that you can make for home, school or even as a stress ball for work. They are surprisingly tough and can take a good squeeze

<https://littlebinsforlittlehands.com/simple-make-texture-balloons-tactile-sensory-play/>



Balls



Bubble Wrap





Creative Movement

Dance as an art form is beautiful and breath-taking. There is nothing quite like watching a skilled dancer turn and leap across the stage in time to the music, telling a story with their body.

But dance provides benefits far beyond that available to those trained in the discipline.

For young children, dance and creative movement can help improve their cognitive development, building skills necessary for success later in life.

Here are 10 ways creative movement can benefit children during the early childhood years:

SENSORY AWARENESS

Young children are highly sensory beings. They flock to things that stimulate their senses of touch, taste, sight, smell, and hearing.

Dance and creative movement provide stimulation for three of those five senses at once: touch, sight, and hearing.

By listening to the music and learning how to move in time with the beat, children begin to hone their senses and learn how their bodies can work in harmony with the stimuli around them more finely.

Additionally, these sensory experiences help children connect with themselves, with one another, and with the world around them, leading them to begin appreciating the beauty of their environment.

<https://www.danceunlimitedfrederick.com/why-creative-movement-is-important-in-early-childhood/>





Cloud Dough which can sometimes be called **Moon Sand** is a **homemade mixture used for sensory play experiences**.

The consistency of Cloud Dough can be powdery like flour and also mouldable, a bit like damp sand. It is perfect for moulding, shaping, squeezing, pressing, and sculpting into different shapes.

Cloud dough has a silky-smooth texture and scented by the baby oil. It provides a great hands-on sensory learning experience for children.

4 Cups of Plain Flour

½ Cup Baby Oil

Large tub and wooden spoon for mixing

1. Measure and pour the flour into the large tub.
2. Add baby oil.
3. Mix with a wooden spoon.
4. Using your fingers, squeeze and press the cloud dough to blend the oil throughout the flour.
5. Store in an airtight container.

<https://www.learning4kids.net/2014/08/13/make-cloud-dough-recipe/>



1. Tear up a basketball size amount of toilet paper.
2. Add 1 cup of soap flakes
3. Add 2 cups of warm water
4. Once you have added all that then you need to get your hands into the mixture and knead it and mix it all together until it is very well combined.

<https://laughingkidslearn.com/clean-mud-recipe/>



Dance Massage

What is a Dance Massage

- Dance Massage combines the soothing, sensory experience of massage with the rhythm and energy of music.
- Dance Massage is interactive. It is a form of non-verbal communication.
- It is especially helpful to people with sensory impairments and complex needs.
- It is very pleasurable to give and receive and it is easy to learn.
- No fancy equipment needed. Just a sound system, music, massage oil and you.
- Dance Massage allows people who would not normally be able to access dance, a unique, tactile dance experience.
- Dance Massage offers a wealth of opportunities to develop sensory integration

<http://www.naomirosenberg.co.uk/dancemassage.html>



Digging Sensory Tubs

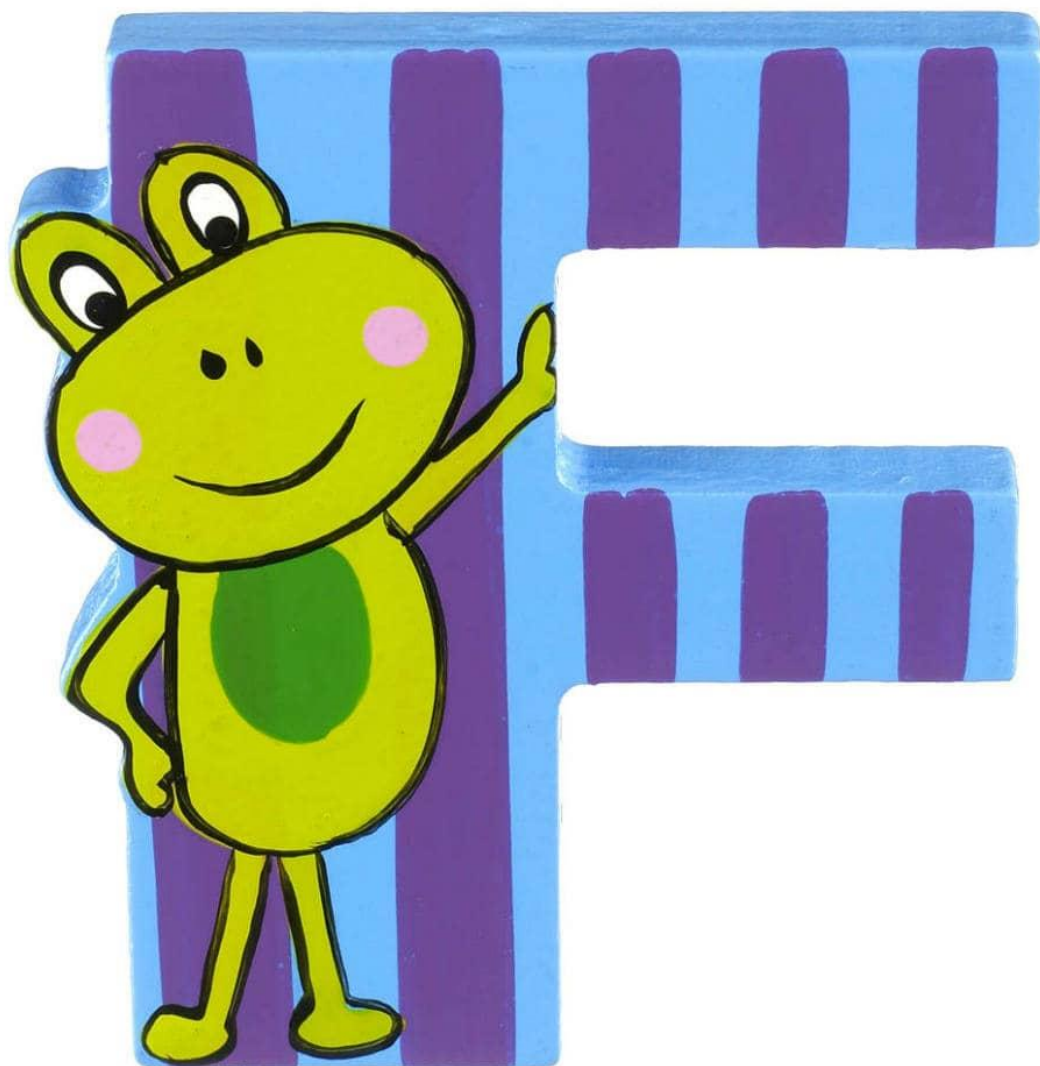




Emergency Blanket

Emergency blankets are shiny, crinkly and a very popular multi-sensory resource. **SOUND:** Lie on it and be rewarded with crinkly, crunchy sounds! **PLAY:** Lie under it to make a den or play peek-a-boo with the very young. **VISION:** Its super shiny and reflective, it is also semi-transparent so experiment shining lights or a torch through it! **TACTILE:** Lightweight, soft, and crinkly to touch, with heat retaining properties. Great fun and endless possibilities. A must for every sensory environment.





Fans



Feathers



Flubber

2 bottles (1 Cup) Elmers Washable White Glue

½ Cup Water

½ Cup liquid starch

Glitter and food colouring optional.

Mix glue and water together in a container. Stir until it is well combined and a smooth consistency. Add food colouring and glitter. Add mixture to liquid starch in a new bowl and then use hands to combine ingredients. Keep mixing until mixture turns to Flubber.



Frozen Hands

Fill gloves with items such as

- Beads
- Buttons
- Craft foam shapes
 - Tinsel garland
 - Plastic crystals
- Metallic pipe cleaners
 - Ribbon

Then fill the gloves with water, and secure tightly with a knot or twist tie. Place gloves on a tray and freeze. To remove the glove from the ice, place under cold water and use scissors to cut glove away.



Frozen paint cube art

- Paint – use poster paints
 - Ice cube tray
- Craft sticks or popsicle sticks

Squeeze paint into ice cube tray, place in craft stick and freeze. Once frozen allow students to paint on thick paper or even on the concrete path.





GLOOP

Sensory awareness goes hand in hand with creativity. Sensory play arouses children's imaginations, creativity, and curiosity through exploration of texture, temperature, and fun!

Gloop is an interesting mixture with a unique texture and is great for sensory play. It is also great for learning about the concepts of what a solid and liquid is.

2 cups of cornflour

1 cup of water

Food Colouring

A large container or bowl

Place the cornflour into a large container and place a few drops of colouring into the centre. Have the water ready for your child to pour into the container.

Mix the water into the cornflour and colouring. It will take some time to mix together but encourage your child to play with the gloop before it is mixed.

<https://www.learning4kids.net/2012/05/02/how-to-make-gloop/>



Garden Soup

You can set it up in less than a minute, and it will keep kids busy and learning in the backyard for ages. It is great for developing scissor skills and fine motor skills, and it is a wonderful way for children to explore nature in their own backyard.

They will spend the better part of a morning snipping leaves, flower petals, and grass from around the yard and garden, and they scoop, pour, and mix for ages preparing these big bowls of “garden soup”. It is such a great activity for strengthening both fine and gross motor skills.

<https://happyhooligans.ca/garden-soup/>



Glow in the Dark Sensory Play

Glow in the dark sensory bin supplies:

- * Bathtub and water
- * Two Vitamins
- * Zip-loc bag and mallet
- * Handheld UV Torch

Setting up the activity was simple. Check out the instructions on Fun At Home With Kids. We put Adam into his Spiderman swimming costume and added a few bath toys and kitchen utensils. Once he was settled in the bath we turned the bathroom lights off and switched on our Handheld UV Torch.

Other Glow in the dark experiences:

- Bath Paint
- Sensory Rice
- Sensory bottles

<https://www.growinghandsonkids.com/glow-in-the-dark-sensory-play.html>



Heated Items





Ice Play



Instruments





Jelly

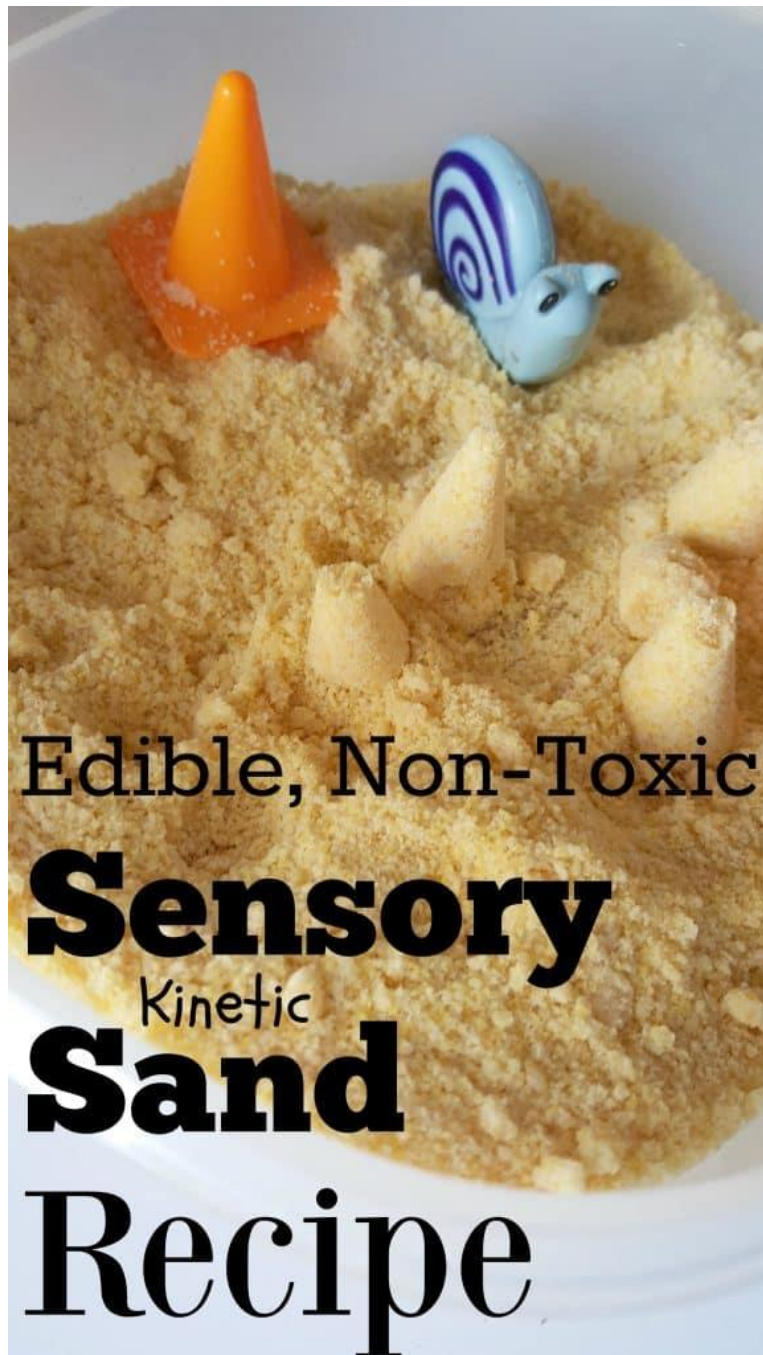


Jumping

Jumping Toys to Improve Motor Skills



K



Combine: ***1/2 cup flour*** with ***1/2 cup cornmeal***. Then mix in ***1 Tbsp. oil*** (any kind) and ***1 Tbsp. corn syrup***

<https://www.survivingateacherssalary.com/edible-non-toxic-sensory-kinetic-sand-recipe-for-kids/>



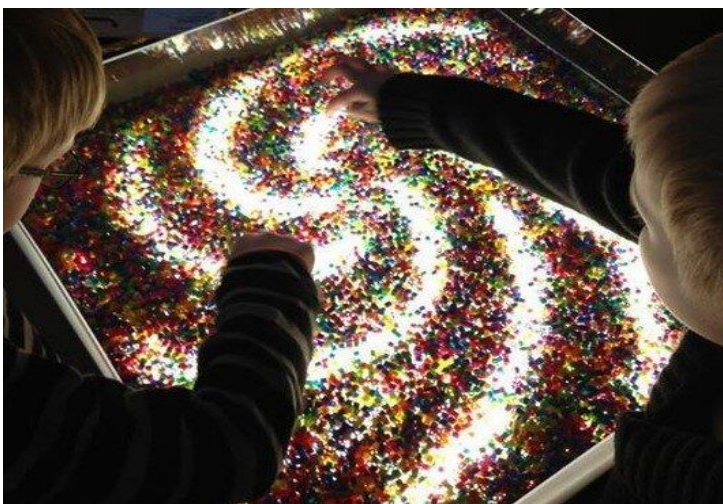
LIGHT BOX

Sensory light boxes provide hours of visual sensory input, learning experiences, and are just great fun!

The gentle glow of light shines upwards and creates opportunities for playing and learning with colour and light. Using translucent media help children to learn using a whole new sensory experience and can add a magical element to child's play, encouraging curiosity, exploration, and problem-solving.

Make your own sensory light box today!

<https://theraplay4kids.com/new-blog-192/2020/1/4/diy-sensory-light-box-for-hours-of-play-amp-learning>





MESSY PLAY

Messy play gives children the opportunity to experience a wide range of sensory experiences. Messy play solutions such as finger-paint, slime and gloop give children opportunities to learn about different textures and materials.

Messy play can help children to • relax – it is a very soothing activity • experiment with and explore the properties of the solutions e.g. does it hold its shape or pour or run? What happens when substances combine? • learn about colour mixing, patterns, design, texture, and rhythm • develop hand–eye coordination and practise pouring, measuring, mixing, scooping, and beating skills • share in group activities.

<https://www.education.govt.nz/assets/Documents/Early-Childhood/Play-ideas/Messy-play.pdf>



Material



Music

5 Sensory benefits of sound and music therapy.

1. It is enjoyable
2. It can benefit people with a wide range of sensory conditions.
3. It is measurable
4. It can be incorporated into other sensory activities.
5. It can strengthen bonds.

<https://www.experia-usa.com/blog/5-sensory-benefits-sound-music-therapy/>





NOODLES

- Cooked pasta noodles
 - Zip-lock bags
 - Food colouring
 - Vegetable oil
 - Bin or container
- Begin by cooking the desired amount of pasta noodles as instructed on the box. We used **spaghetti noodles** this time, but you can use any type of noodle.
- Rinse the spaghetti under cold water until cool throughout. Divide the noodles into bags, using one bag for each **colour of pasta** that you wish to make.
- Add several drops of food colouring to each bag along with **a small drop** of vegetable oil.
- The oil just helps to coat the noodles in colour while allowing you to use less of it.
- Seal the bags **tightly**. Then, give them to kids to shake and squish.
- Have kids continue to mix the bags until the noodles are fully saturated in colour.
- Once saturated open the bags and allow the noodles to dry for **20-30 minutes**. This gives the dye time to seep into the pasta while also preventing stained skin.
- Once dry pour the **spaghetti** into a bin for **PLAY!**

<https://www.growingajeweledrose.com/2014/02/rainbow-sensory-play-with-dyed-noodles.html>





ORBEEZ





Pompoms



POM POM WATER PLAY



POM-POM CATERpillars

Pasta



Parachute Games

MUSHROOM: This is a simple exercise to get the children used to the parachute. All the children are asked to bend down and take hold of the parachute. When the leader calls 'up' the children lift the parachute up as high as they can – making a mushroom shape. Pulling the parachute down creates a refreshing wind and enables you to repeat the exercise again. Another version of this exercise is to ask the children to lift the parachute high in the air and then walk in towards the centre.

CROSSING This is a good warm-up game whereby the children have to run underneath from one side of the parachute to the other whilst all the other children lift it up to make a mushroom shape and then pull it down in order to trap those running underneath. I have used the following to encourage different groups of children to run underneath but you can easily make up your own. · All those who like watching EastEnders · All those who are boys/girls · All those wearing red · All those called.... · All those wearing a tie · All those who have long hair · All those who like Marmite

TURTLE Imagine that the parachute is the shell of a turtle. The children are asked to go underneath the parachute and hold the edge in front of them, keeping their backs to the middle of the parachute. Explain to the children that they have to work together and if not, the turtle will not move as one. (You will be outside of the parachute at this stage and the children will be underneath) Ask the children to move in one direction, making sure the parachute does not lose its shape. You could also try putting obstacles in the way to climb over or move around.

POPCORN You can use beanbags for this game, but small coloured balls work best and are fun to watch. I like to use small plastic balls and select three different colours, but you could use two different colours if you like. Children can then be divided into two teams on either side of the parachute or boys against girls and one colour will obviously represent each team. I have used three different coloured balls and say that the red ones are for the boys, the blue for the girls and the purple for those who do not know if they are a boy or a girl! All the children stand around the parachute holding it tight and then making large waves. Throw the balls onto the parachute and watch them fly off in all directions. The team that bounces off their colour balls first wins.





The **BEST** Playdough

1 cup flour
2 tsp cream of tartar
1/2 cup salt
1 tbsp cooking oil
1 cup water
food coloring

Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well. Cook over low to medium heat until the dough starts to form and becomes dry. Once it starts to form a ball take off the heat. Once cool, knead for 5 minutes.

thebestideasforkids.com





- Container
 - Sand
 - Water
 - Toys

Combine Sand and Water into a container or bucket to create quicksand. Add toys and allow students to dig in the sand to find the toy.

<http://preschoolpowolpackets.blogspot.com/2013/10/q-is-for-quicksand-sensory-science-play.html>



Rice

You will need:

- White Rice
- Vinegar
- Food colouring
- Sensory bin items like; toy dinosaurs, cars, animals
- Scoops and small cups

Method:

- Measure 1 cup (or however much rice you are wanting to make) of rice into a container.
- Add 1 teaspoon on vinegar – lemon can be used instead to add a citrus smell.
- Now add food colouring
- Cover container and shake until all rice is covered.
- Spread rice out on a paper towel to dry.
- Once dry place in a sensory bin or other container.



Resonance Boards

The Resonance Board is a thin, flexible sheet of wood that gives tactile and auditory feedback whenever the child moves. When the child kicks the board, there is a sound and a vibration. This feedback encourages the child to repeat the movement, and eventually to experiment with other movements as well. The child moves independently, without an adult manipulating his or her body.

Sounds created by the child's movements resonate from the wood. This immediate feedback can help the brain integrate motor activity and listening skills.

Ways to Use the Resonance Board

The Resonance Board can be used in a variety of ways. Here are some examples.

1. The child lies alone on the board with favourite items around her.
2. An adult sits with the child and offers favourite items. The adult is the child's playmate, not a teacher. The adult does not talk or do hand-over-hand with the child.
3. The child uses the board inside the Little Room. The adult is an observer. The adult notes what the child is doing and tries to determine which are the child's favourite items and activities. By collecting this data, the adult learns what interests the child; those items of interest can be used in other environments to support progress.

<https://www.nfb.org/sites/www.nfb.org/files/images/nfb/publications/fr/fr31/4/fr310416.htm>



Rainbow Oobleck

You will need:

- 2 Cups of corn starch
- 1 cup water
- Food colouring
- Tray, bowl, and Spoon
- Measuring cups

Oobleck is a combination of corn starch and water. You will want to keep additional corn starch on hand if you need to thicken the mixture. Generally, the Oobleck recipe is a ratio of 2:1, so one cup of water and two cups of corn starch. Since this rainbow Oobleck activity calls for quite a few colours, you can go ahead and make smaller batches too!

STEP 1: In your bowl or baking dish, add the corn starch. You can start mixing the Oobleck in a bowl and then transfer it to a baking dish if you prefer.

STEP 2: If you want to give your Oobleck a colour such as green, add food colouring to your water first. Remember that you have a whole lot of white corn starch so you will need a good amount of food colouring if you want a more vibrant colour

STEP 3: You can start mixing up your Oobleck with a spoon, but I guarantee you are going to need to get your hands in there at some point during the mixing process.

<https://littlebinsforlittlehands.com/cornstarch-and-water/>





Slime

What you need:

- Bottle of Elmer's white school glue
- 1 ½ - 2 Tablespoons of contact saline solution
- 1 Tablespoon Baking Soda
- Food colouring and glitter are optional.

HOW TO MAKE HOMEMADE SLIME

Add glue and food colouring to bowl. Squeeze the bottle of glue into a bowl. Add your food colouring if desired and stir until combined. Then mix in baking soda.

Mix in saline solution. Add 1 1/2 Tablespoons saline solution and mix until combined. If it is too sticky, add 1/2 Tablespoon more solution at a time. The more you add, the thicker it will be. The less you add, the slimier it will.

Knead the slime. Using your hands, knead the slime until it holds together. It will be wet and gooey at first, but just keep kneading until it all comes together.

Store slime. Store slime in a container with lid, or in a zip top bag. The slime is best to play with on a place mat.

<https://www.iheartnaptime.net/homemade-slime/>



Story Massage

What is the Story Massage Programme?

The Story Massage Programme combines the benefits of positive touch with the fun and creativity of words – whether as story, rhyme, or song. Ten simple massage strokes form the basis of the programme. These strokes have a name, such as *The Circle* or *The Sprinkle*, and an easy to recognise symbol making it fully accessible for all ages and abilities.

Story Massage sessions can be shared as a child to child or parent to child activity or with adults. It is popular in a variety of settings including schools, special schools, care homes, after-school clubs, family centres, hospices and of course, the family home.

<https://www.storymassage.co.uk/>



SENSORY STORIES

WHAT ARE SENSORY STORIES?

Sensory stories tell a story using words and sensory stimuli. Usually there are just a few sentences in a sensory story (10 or less) and each sentence is paired with a sensory stimulus. The sensory stimuli do not just support the words in telling the story, if well chosen, they tell the story in their own right. This means that the story can be understood and enjoyed equally by someone who understands the spoken word, and by someone who does not understand the spoken word.

Sensory stories were originally developed for use with children who have profound and multiple learning disabilities. These children are likely to have severe physical disabilities as well as multiple cognitive and sensory impairments. Often, they will also experience seizure activity as a result of epilepsy, and they are unlikely to be able to communicate through conventional means. Communicating stories through sensory stimuli gives these children the opportunity to take part in the story telling experience and learn the same skills, of listening and responding, as children who do not have their disabilities.

We all know how engaging children find a book which has a sound button attached to it, or little swatches of fur fabric within it. It is obvious that children motivated by such things are going to be all the more motivated by a story that has smells and tastes as well as touches, sounds and sights to explore. Sensory stories can be differentiated to meet the learning needs of a wide range of learners.

<https://www.don.ac.uk/departments/early-years/magazine/issue-1/sensory-stories-can-bring-practice-early-years/#:~:text=Sensory%20stories%20tell%20a%20story,paired%20with%20a%20sensory%20stimulus.&text=Sensory%20stories%20were%20originally%20developed,profound%20and%20multiple%20learning%20disabilities.>



Swings

Why use sensory swings for kids?

Using sensory swings for kids can really benefit your child. Whether they have special needs or not, every child has sensory needs that swinging can address.

In school, we are taught about the 5 senses, but in reality, we have 8 systems that we use to help us navigate and explore our environments. When it comes to our sensory systems, swinging is a fantastic way to engage a child's vestibular sensory system, which is basically our ability to know how to use our muscles in correlation with gravity. This system controls behaviour such as balance and movement.

<https://parentingchaos.com/the-ultimate-guide-to-sensory-swings/>



Shaving Foam



SHREDDED PAPER

What are the children learning:

- Encourages relaxation and enjoyment of the process rather than the end result
- Provides for a range of social interaction including co-operative and parallel play
- Develops fine motor skills essential for literacy and writing
- No predetermined skills or abilities required which gives them confidence to join in
- Body movements encourages expression and creativity
- Promotes gross and fine motor skill development
- Affirms individuality and builds self-esteem as they engage in spontaneous play without pre-set ideas
- Helps develop a sense of rhythm and timing skills used in other areas e.g. music, dance, and writing
- Allows them to explore carefree and make a mess
- Exploring messy play without getting dirty (some children do not like getting dirty)
- Children learn social skills and strategies for sharing apace to gain spatial awareness

<https://kidsarethebombdiggity.com/2015/03/03/messy-play-with-shredded-paper/>





Have a look at these 4 simple ways to make edible sand:

Almonds

Ground almonds or almond meal are perfect for creating sand effect. They are quite pale so if you are after a darker colour, then this might not be the option for you.

Biscuits/Cookies

To make edible sand out of these you do not even need a food processor. You could crush them using a zip lock bag and a rolling pin.

Walnuts

I recommend using a food processor to get fine sand effect. However, bear in mind that almonds and walnuts might not be suitable for everyone (especially those with nut allergies).

Brown Sugar

There are various types of brown sugar on the market. Some of them are darker, some of them lighter in colour. Also, their texture may vary. Have a look at them and decide which one you prefer.

<https://www.happyfoodstube.com/edible-sand/>

Sand Trays



Sensory Volume

The Sensory Volume programme was created following attendance at a 'Clonker Board' workshop led by Naomi Rosenberg. Clonker Boards are also known as Resonance Boards. In the Sensory Volume programme we turn a Clonker/Resonance Board upside down and use as a

giant tray to roll, balls, marbles, autumn leaves, pinecones etc. In fact, anything you can think of!

The Sensory Volume programme can be adapted to create and make different learning contexts

accessible to our students. For example, a unit on the Seasons can involve:

Music related to a season e.g. autumn

Elements in quantity of leaves, flowers, flax, water, umbrellas, floating canopies of colour

Sensory Volume programmes can be used
with students with special needs of different
ages and abilities.

<https://docs.google.com/viewer?a=v&pid=sites&srcid=Y2xpY2tzcGVjaWFsZWRuei5jb218c2Vuc29yeS1sZWYybmluZy1uenxneDo2M2JjYTlzMNTQ0MjlyNjVl>



The Abba Collection Disc 2: Music: Adante No 5



Soapy Sea Foam

What you need:

- large bowl
- spatula
- dishwashing liquid
- water
- measuring cup
- measuring spoons
- food colouring (optional)
- electric mixer
- tub or sensory table

Step 1: Add $\frac{1}{4}$ cup water and 2 T. dishwashing liquid to a large bowl. Add a few drops of food colouring, if desired. (Please note food colouring may stain skin and clothing. Use with caution, and have children wear paint shirts or aprons.) Talk about the ingredients in the bowl. Can they see the soap in the water? How does the food colouring look?

Step 2: Begin mixing the ingredients together on the highest speed setting. As you continue to mix the ingredients, a foam will begin to form. Keep mixing until thick peaks of foam have formed. Ask children, "Where do you think the water went?"

Step 3: Once the foam has formed, scrape it out of the bowl into a large tub or a sensory table with a spatula. Repeat Steps 1 and 2 until you have the desired amount of foam. (You may wish to create various colours of foam to see what happens when they mix together in the tub.)

<https://funshineblog.com/2016/05/02/sea-foam-sensory-play/>



Snow

You Will Need:

- 3 Cups Bicarbonate Soda
- ½ Cup Hair Conditioner (white/cream colour)
- Blue or white Glitter (optional)

Step 1

Mix the bicarb and hair conditioner together until your snow is soft and crumbly but holds together when compressed in hand.

Step 2

Spread the snow onto a contained surface like a baking tray. We used a framed mirror for our base.

Step 3

Add sparkles to give an illusion of freshly fallen icy snow.

<https://www.brisbanekids.com.au/sensory-snow-play-home/>





Tac Pac

Tacpac draws together touch and music to create a structured half hour of sensory communication between two people. Tacpac creates sensory alignment and helps people of any age who have sensory impairment, developmental delay, complex learning difficulties, tactile defensiveness, and limited or pre-verbal levels of communication.

The Benefits

- Tacpac music is composed specifically to reflect the texture of each object so that the receiver experiences total sensory alignment.
 - Tacpac can be used by anyone.
 - Tacpac builds communication skills.
 - Tacpac enables progress to be measured and recorded.
- Tacpac can be used in any setting – at home, in school, in hospital, in residential care or even outside.

<https://tacpac.co.uk/>





Umbrellas

Sensory umbrellas create a small space to engage and stimulate students. They are super easy to make and can be themed to whatever your child finds exciting.

Any umbrella you have is fine, thread items through the umbrella spokes or peg items around the edge. If you have some fairy lights and shiny items, they can create wonderful colours. Disco lights projecting up at umbrellas also create wonderful effects.

Children can either be laid underneath the umbrella or they can be held above them in wheelchairs or hung up.

<http://www.fordwatersch.co.uk/1095/sensory-activities>





VIBRATION

Vibration is an incredibly strong form of sensory input that some children respond to in a very positive way. Vibration activates vestibular and proprioceptive (movement and pressure) responses that help improve some children's attention. In short, quick bursts, vibration is alerting and can energize a child – sometimes this is a good thing if said child is low energy or often seems lethargic. However, vibration used over longer periods, for example sitting on the Senseez, is very calming and relaxing. This can be a very good thing for kids that have a lot of energy or difficulty focusing. The Senseez has the ability to operate in both modes, since the child (or adult) can easily control how long the vibration stays on without any switches or buttons.

<https://yourkidstable.com/sensory-diet-tool-senseez-review/#:~:text=Vibration%20is%20an%20incredibly%20strong,help%20improve%20some%20children's%20attention.>





Water Play

Look at that busy little guy, pouring water from yogurt container to funnel to yogurt container... to floor.

He's **learning** about cause and effect, about warm and cool, about floating and sinking. He's **calming himself** after a hard day of being small in a big world. He is learning new words and thinking about the wetness of the water and the bubblyness of the bubbles.

Fun water play ideas for children

Here are a few tips for enjoying water play with children:

- Ice cubes are fun– they are cold and slippery, and they disappear right before your eyes.
- Gather up some doll clothes, add a squirt of very mild soap to a little pan of water, and your toddler can do laundry the old-fashioned way. Also, fun: washing the dolls' dishes.
- Add **food colouring** or a mild scent like orange to the water.
- Discover all the water toys that lurk in the kitchen: big and small plastic spoons and scoops, funnels, colanders (good for showers outside), sieves, turkey basters, sponges, slotted spoons. Assign some old plastic containers to permanent play duty and poke a few holes in the bottom – one hole makes a little stream that lasts a long time, a bunch of holes makes an impressive shower.
- Help your child paint the side of the house or the sidewalk with a bucket of water and a big brush. A roller is even more interesting.

<https://www.todaysparent.com/family/activities/what-toddlers-learn-from-water-play/>



Window Paint

Use this super quick DIY window paint recipe to create some art and mark making on the windows. The bonus is that it is very easy to wash off again when they are finished! Great for working on a vertical plane and thus developing gross motor control and early writing and drawing skills, plus plenty of great fun to paint on a new surface!

Into a large bowl mix:

1 cup of plain flour (all purpose)

1 cup of water

1 cup of washing up liquid (dish soap)

Stir it until it resembles a runny custard or sauce and there are no lumps. Then add separate into bowls and add food colouring.

<https://theimaginationtree.com/diy-window-paint-recipe-washable/>





Explore and Experience

Importance of Sensory Exploration and Experiences:

With sensory play, there is always much more going on than meets the eye.

Sensory activities, in addition to being fun and interesting for babies and young children, encourage children to explore and investigate. Furthermore, these activities support children to use the 'scientific method' of observing, forming a hypothesis, experimenting and making conclusions.

Sensory activities also allow children to refine their thresholds for different sensory information, helping their brain to create stronger connections to sensory information and learn which are useful and which can be filtered out.

For example, a child may find it difficult to play with other children when there is too much going on in their environment with conflicting noises or sights.

Through sensory play, the child can learn to block out the noise which is not important and focus on the play which is occurring with their peer.

Another example is a child who is particularly fussy with eating foods with a wet texture such as spaghetti.

The use of sensory play can assist the child with touching, smelling and playing with the texture in an environment with little expectation. As the child develops trust and understanding of this texture it helps build positive pathways in the brain to say it is safe to engage with this food.

Other reasons sensory play is beneficial for children include:

- It helps to build nerve connections in the brain
- It encourages the development of motor skills
- It supports language development
- It encourages 'scientific thinking' and problem solving
- It can involve **mindful activities** which are beneficial for all children

<https://www.goodstart.org.au/news-and-advice/october-2016/exploring-the-benefits-of-sensory-play#:~:text=Sensory%20activities%2C%20in%20addition%20to,children%20to%20explore%20and%20investigate.&text=Other%20reasons%20sensory%20play%20is,the%20development%20of%20motor%20skills>



Yoga

Here is a more detailed explanation of how teaching yoga to kids and using yoga in the classroom can have a positive impact on children's well-being:

1. **Yoga helps children manage their anxiety.** The breathing exercises and relaxation techniques learned from practicing yoga can help children with stress management. Teaching children how to reduce stress in a healthy way is an important life skill that will help them as children and as adults.
2. **Yoga improves children's emotional regulation.** Another benefit of yoga for children is that it helps children learn to be in the present moment while relaxing and gaining a peaceful state of mind, which ultimately improves their emotional regulation.
3. **Yoga boosts children's self-esteem.** Yoga for kids can do wonders for their self-esteem. Perfecting a pose or improving their balance and flexibility can give young children a sense of personal empowerment.
4. **Yoga increases children's body awareness and mindfulness.** Going through a variety of yoga poses helps children learn about their bodies and the movements they are capable of doing.
5. **Yoga enhances children's concentration and memory.** One of the top benefits of kids' yoga is that the different types of moves requires children to focus and work on their memorization skills—both of which can translate over into their academic performance.
6. **Yoga develops children's strength and flexibility.** Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury.
7. **Yoga teaches discipline and reduces impulsivity.** Yoga can reduce challenging behaviours in the classroom by providing a physical outlet for children to express themselves. It also teaches children about discipline as they work on clearing their minds and perfecting their poses.

<http://azearlychildhood.org/resources/articles/7-benefits-of-yoga-for-young-kids/>





Zip Lock Sensory Bags

Filler suggestions for sensory bags:

- water beads
- hair gel
- beads
- buttons
- food colouring
- plastic letters
- magnets
- shaving cream
- baby oil
- pompoms
- googly eyes
- paint
- glitter
- rice
- leaves
- flowers
- seashells
- foam shapes or foam stickers
- felt shapes or felt scraps
- coconut
- feathers
- small plastic toys, animals, or shapes
- cereal
- dry noodles
- beans
- marbles
- small rocks
- confetti
- decorative rocks
- aloe vera gel
- popcorn seeds
- salt
- ribbon
- birdseed
- elastics
- paper shreds
- pieces of string or wool
- plastic letters or letter beads



dozens of ideas for
SENSORY BAGS
THE CHAOS AND THE CLUTTER



<https://www.thechaosandtheclutter.com/sensory-bags>