



Sensory play home learning opportunities

SENSORY PLAY HOME LEARNING OPPORTUNITES

Sensory play promotes many learning experiences. It encourages children to ,manipulate and mould materials, building up their fine motor skills and coordination.

Sensory play uses all 5 senses, but the sense of touch is most frequent. Children process information through their senses. They learn through exploring these.

Sensory play is unstructured and open-ended. It is the purest sense of exploratory learning.

Sensory play offers children the opportunity for self-expression because there is no right answer and children feel safe to change or experiment with what they are doing.

Sensory play encourages language development. Children can be encouraged to experiment with language and descriptive words.

Sensory play develops social skills. It provides opportunities to practice negotiation skills, turn taking and sharing.



Sensory Activity - Edible paint

Ingredients - 4 tablespoons of cornflour, food colouring, 1 cup of boiling water, cold water.

This Homemade Edible Paint Recipe is super easy to make and uses regular items found in the cupboard. It is safe for children to put into their mouths but bland and not tasty to discourage eating the paint. It is not a sweet or sticky paint and has a wonderful smooth texture....perfect for finger painting sensory play!



Sensory Activity - Shaving foam

Shaving foam provides endless opportunities for children to play and discover. Simply spray into a tray and allow your child to explore. Food colouring can be added to encourage colour mixing.



Sensory Activity - Gloop

Slowly add one cup of cold water to two cups of cornflour in a bowl. Stir until the water is absorbed by the cornflour. Add colour if you like. Put the **gloop** in ice-cream or large containers with spoons, cups and other utensils.

Great just with fingers on a flat surface.



BEWARE - It can be messy!!

Sensory Activity - Spaghetti worms

Cook and cool the spaghetti, add your favourite colours and mix!

Lots of squeezing, squishing and manipulating fun exploring the textures of the wet, slimy spaghetti worms.

Sensory play is a great opportunity to explore language. Use words to describe what is being experienced - slippery, slimy, soft, squishy, sticky.



Sensory Activity - Water Play

In addition to being simple and fun, water play activities are engaging and stimulating. There are lots of different water play ideas including -

- Only water - have fun splashing in the water, enjoying the texture and temperature.
- Water and Sand - fill a tray with a layer of sand then add water.
- Water and stones - Find some stones in the garden to add to the water.
- Water and sponges - lots of sensory opportunities squeezing the water out of the sponges
- Water and containers - filling and pouring water into different sized and shaped containers.

Sensory Activity - Pasta

Pasta is an item many people have in their cupboards. It provides simple sensory fun with children able to explore the texture and sounds it makes when played with. You will just need some containers - cups/spoons to enable children to scoop, pour and mix the dried pasta.

Any small dried pasta will work well.

