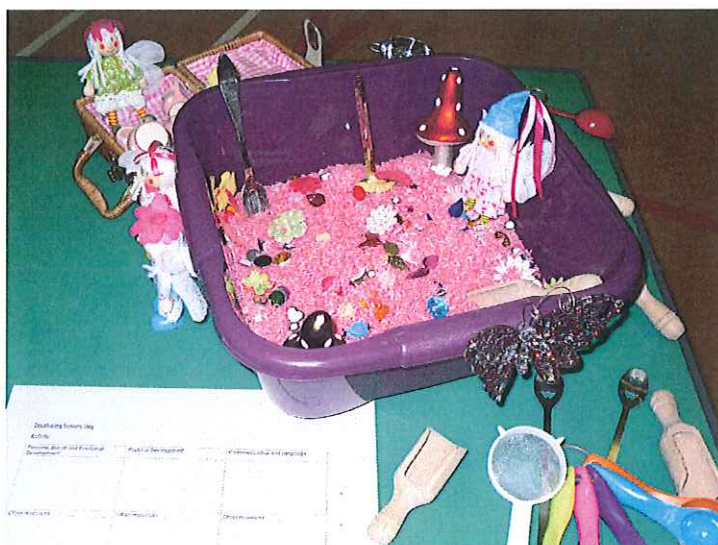




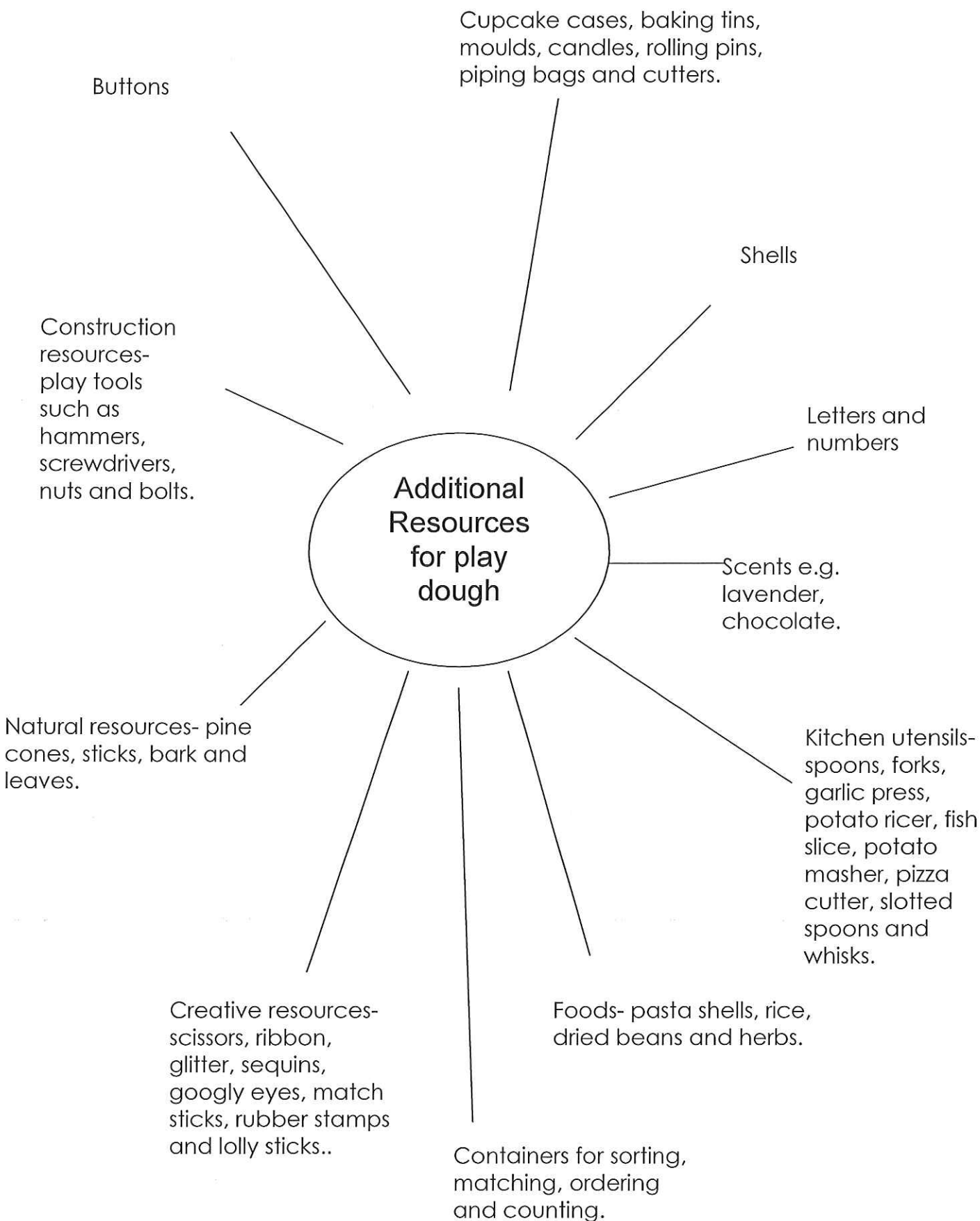
I can smell, touch,
hear, taste and
see...Sensory Play.





#1: Play Dough





Try to vary the sizes and shapes of all of your resources.

Chocolate Play dough

Recipe:

- 2 cups plain flour (all purpose)
- 1 cup salt
- 1/2 cup cocoa powder
- 2 tbsps vegetable oil
- 2 tbsps cream of tartar
- 2 cups of boiling water
- 4 drops of glycerine (optional extra for increased shine and stretch)

Method:

- Combine all of the dry ingredients in a bowl
- Stir in the vegetable oil
- Mix together
- Stir in the boiling water (adult only) and mix until combined
- When it has cooled a little, knead it on a clean surface until it loses all stickiness and becomes smooth and stretchy. No residue should come off on your fingers. If it is still sticky add a little more flour, if too dry and crumbly add more water, a tablespoon at a time

Fruity Playdough

Recipe:

- 1 package sugar-free jelly
- 2 cups flour
- 1 cup salt
- 4 tablespoons cream of tartar
- 2 cups boiling water
- 2 tablespoons oil

Method:

- Mix the dry ingredients in a pan.
- Add the liquid and turn up the heat to medium.
- Stir until the mixture forms a ball.
- Place the ball on waxed paper until it cools.
- Different flavours of jelly will produce different colours and scents.

Sand Dough

Recipe:

- Baking Soda
- Food colouring or liquid watercolours
- Water
- Salt (optional)

Method:

- Mix water and baking soda with a few drops of food colouring (add the water slowly as if you add too much then the baking soda will start to dissolve).
- You want your dough to be moldable but not too wet.
- Add salt to give the dough a grainy texture.

Sparkly Cloud Dough

Recipe:

- 7 cups of plain flour
- 1 cup vegetable oil or baby oil
- as much glitter as you wish!

Method:

- Mix all of the ingredients together until the oil is evenly dispersed throughout the flour.

Soapy Dough

Recipe:

- ¼ cup salt
- 1 cup flour
- 1 tablespoon ready mixed paint
- ¼ cup water
- 1 tablespoon liquid dish washing soap

Method:

- Measure the salt and flour and place in bowl. Stir gently to combine.
- Measure paint, water, and soap. Add flour mixture, and stir well to blend. Add a bit of water if the mixture is too dry.
- Store the dough in a sealed plastic bag and refrigerate for future use.

Freezy Dough

Recipe:

- Shaving foam
- Food colouring
- Optional-cocoa powder, extracts etc to make scented freezy dough.

Method:

- Mix shaving foam with food colouring and freeze for a couple of hours.

Dirt Dough

Recipe:

- 2 ½ cups flour (plus more for kneading)
- 1 ½ cups salt
- 2 tablespoons cream of tartar
- 3 cups boiling water
- 3 tablespoons oil
- Black food colouring

Method:

- Combine all of the dry ingredients in a bowl
- Stir in the oil
- Mix together
- Stir in the boiling water (adult only) and mix until combined
- Add the food colouring.
- When it has cooled a little, knead it on a clean surface until it loses all stickiness and becomes smooth and stretchy. No residue should come off on your fingers. If it is still sticky add a little more

flour, if too dry and crumbly add more water, a tablespoon at a time

Cake Dough

Recipe:

- 1 packet of cake mix
- 2 cups of flour
- 1 ½ cups of salt
- 6 teaspoons of cream of tartar
- 6 tablespoons of oil
- 3 cups of water
- 1 small pack of jelly.

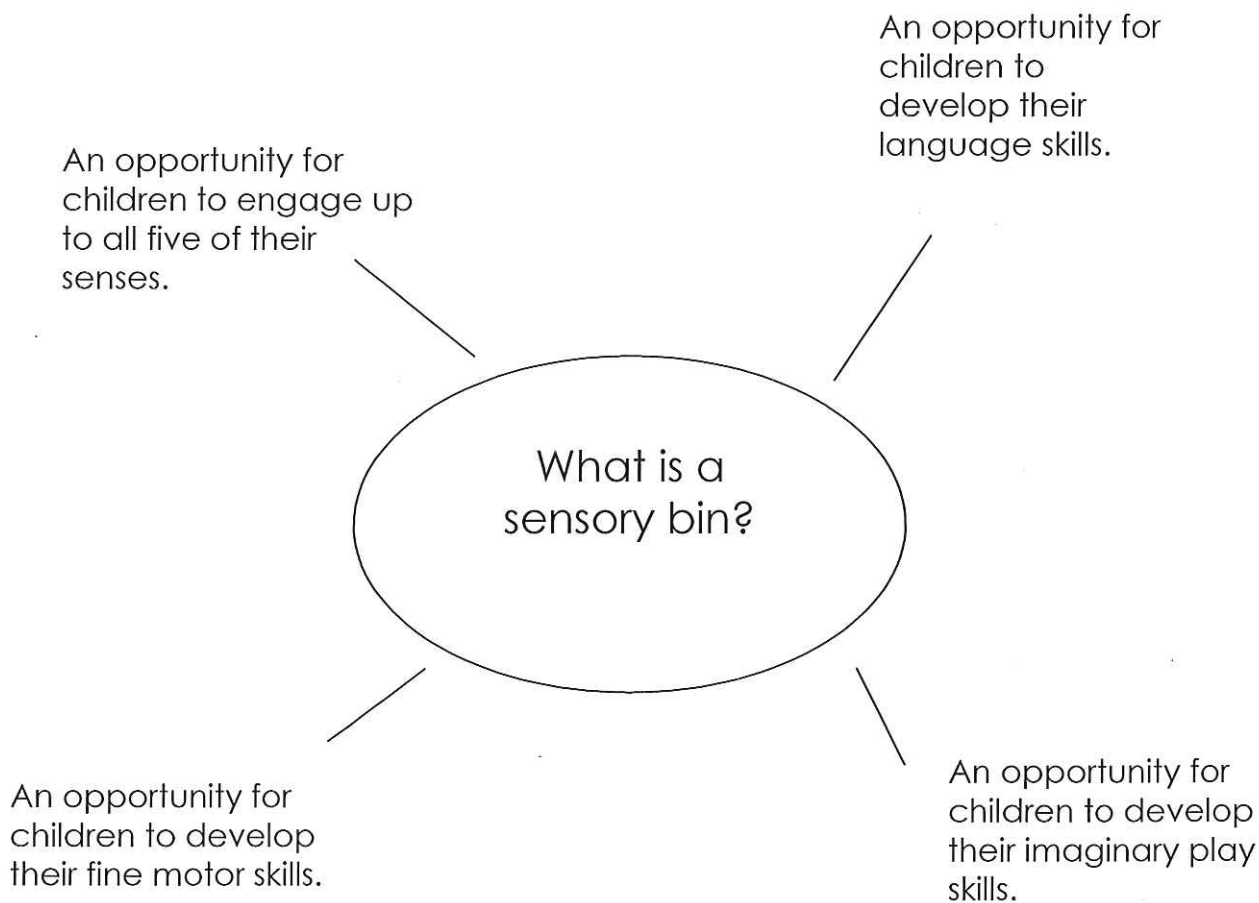
Method:

- Whisk together dry cake mix, flour, salt, jelly and cream of tartar.
- Add water and oil.
- Cook over a medium heat, stirring constantly until mixture thickens and a rough dough forms.
- Remove from heat, knead and add a small amount of flour if the dough is too sticky.



#2 Sensory Bins





How do I make a sensory bin?

You need a low sided container (e.g. a washing up bowl).



Make a decision about your theme- will be opened ended using just natural resources, will it have a small world theme such as Dora the Explorer or Fairies, or will it have a construction theme with diggers, lorries and tractors?



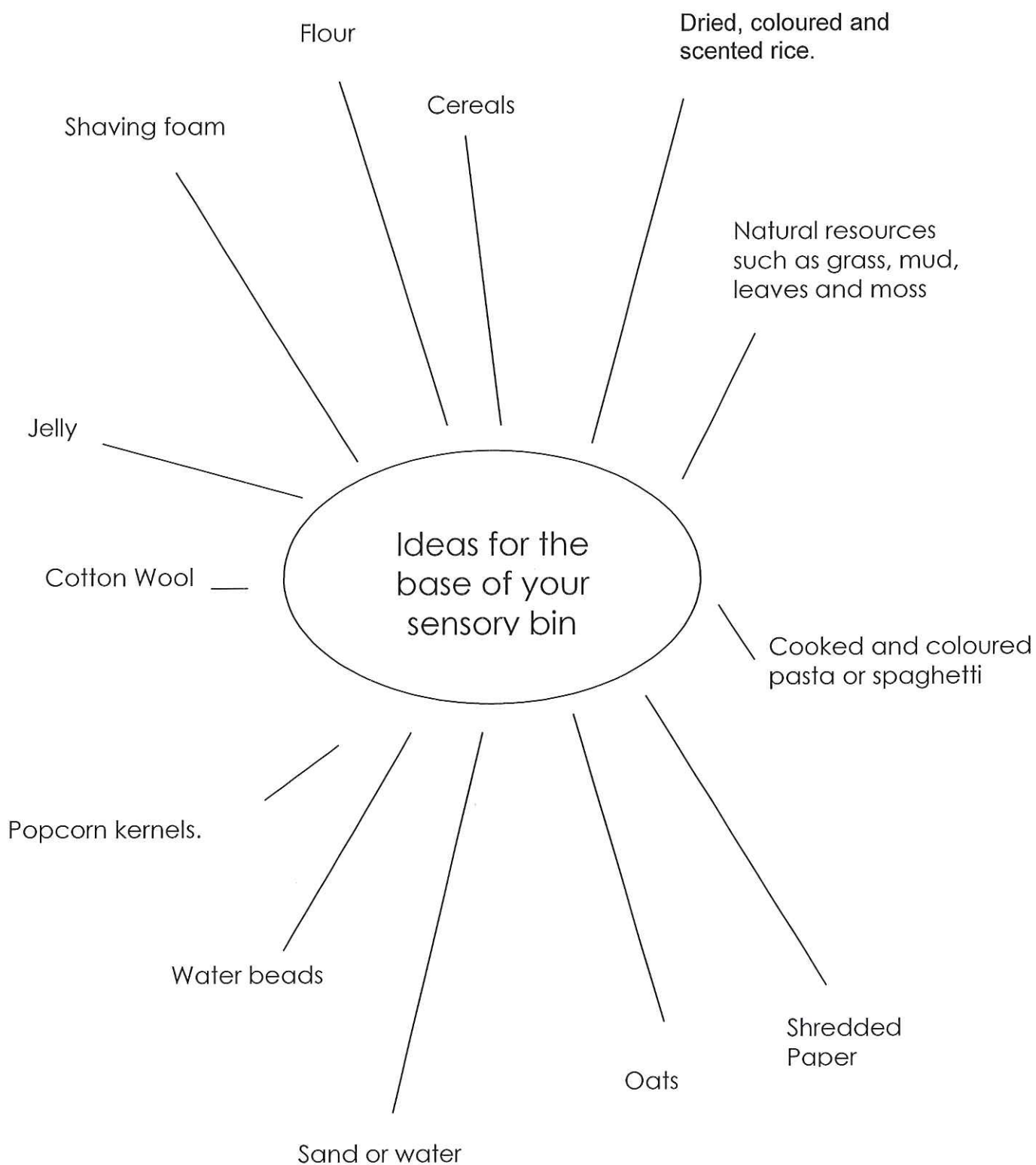
Cover the bottom of the container with a base resource (see next page).



Add resources that create the environment e.g. cocktail umbrellas as trees, or twigs to make dens. Add toys that can explore the environment e.g. small world people, cars and tractors



Add opened ended resources that children can use to manipulate and investigate e.g. magnifying glasses, binoculars, different sized containers, different sized spoons and sieves.



Coloured and/or Scented Rice

Recipe:

- Zip seal bags
- Water
- Rice
- Food colouring (optional)
- Scents (optional).

Method:

- Use a separate zip seal bag for each scented rice you want to make.
- Add the desired amount of rice you want to each bag.
- Add your desired scent to the bag of rice.
- Add enough water and food colouring to coat the rice and make it moist (adding too much water will prolong the drying time of the rice).
- Mix/shake the bag until the rice is coated. Once the rice is coated, lay it out in a thin layer and leave to dry.

Sparkly Spaghetti

Recipe:

- Cooked spaghetti
- Food colouring
- Glitter
- Oil

Method:

- Mix spaghetti with different food colourings.
- Coat with oil to prevent the spaghetti from sticky and to preserve the colouring
- Add glitter to your spaghetti.

Tapioca/ Boba Pearls

Recipe:

- Tapioca or boba pearls
- Food colouring
- Water

Method:

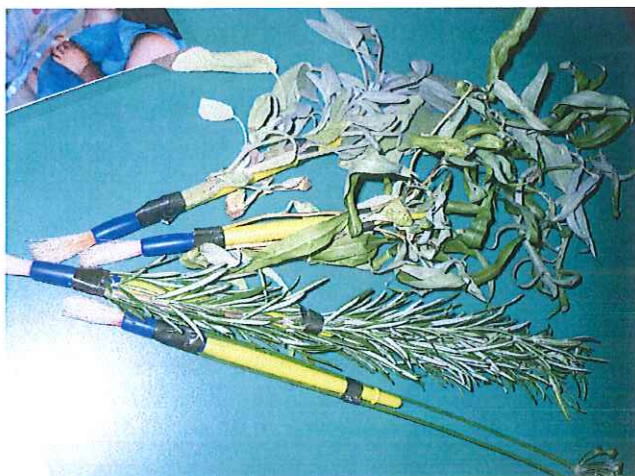
- Following cooking instructions for the tapioca or boba pearls.
- Once cooked, add a range of food colourings for a rainbow of tapioca/ boba pearls to play with.
- Play with the beads on a dry surface/ or add them to water.

Sensory Bin Ideas:

- Natural- fill with lots of natural resources such as conkers, pine cones, wool, sticks and leaves, pumpkin seeds, nut shells and sea shells, lentils and dried beans.
- Oceans sensory play- fill with frozen blue rice, rocks, glass stones and sea creatures, cooked spaghetti as seaweed.
- A Very Hungry Caterpillar- green coloured rice, caterpillar and food objects.
- Fairies sensory bin- pink coloured rice, flower petals, sequins and glitter, small world fairies, leaves.
- Bug Sensory bin- compost, leaves and twigs, fake bugs and insects, magnify glasses, insect identification book.
- Frog sensory bin- shaving gel, lily pads, bark, bridges and frogs.
- Farmyard sensory bin- unpopped corn as the base, diggers, tractors and farm yard small world play.
- Construction Sensory Bin- cheerios cereal, diggers, trucks, hard hats
- Treasure Sensory Bin- sand, junk jewellery and money, magnify glasses, sieves and small hand held trowels.
- Ice Cream Sensory Bin- varying sized pom-pom balls, ice cream cones, ice cream scoop, straws, sequins and glitter. Empty squeeze bottles for imaginary ice cream sauce.
- Rainbow sensory bin- different coloured rice organised into colours (giving children the opportunity to mix and stir), containers for sorting and filling, sieves, funnels, spoons.



3: Painting



Jelly Finger Paint

Recipe:

- Flavoured jelly powder
- Boiling water.

Method:

- Tip different flavoured jelly powders into separate bowls.
- Add hot water to the jelly powder until the jelly is thin enough to be a finger paint consistency.

Spice Painting

Recipe:

- Water
- Variety of spices (e.g. cinnamon, nutmeg)
- Paint brushes

Method:

- Explore the dry spice powder- talk about the texture and smell.
- Add a little water to the spices, to create a painting consistency.
- Paint using brushes/ fingers etc. Explore the paint textures, colours and smells.

Ice Painting

Recipe:

- Water
- Food colouring

Method:

- Add food colouring to small jugs of water.
- Add the water to ice moulds/ lolly moulds and freeze.
- Once frozen, take out of the freezer and use them to paint.

Painting with herbs

Recipe:

- Sprigs of herbs
- Paintbrushes
- Elastic bands/ ribbon/ wool.

Method:

- Gather a bunch of herbs and attach to the top of a paintbrush, using ribbon/ elastic bands etc.
- As you move the brush, you should be able to smell the herbs.

Painting with Umbrella's

Recipe:

- Paints and paintbrushes
- Large, clear umbrella

Method:

One person sits under the umbrella whilst another person/two people paint the umbrella from the outside

Painting to Music

Recipe:

- Paint brushes
- Small bells
- Pipe cleaners

Method:

- Attach small bells to the top of paint brushes, using pipe cleaners.
- Attach a different number of bells to each brush, for a different sound.

4: Seriously messy play

(that we dare you to try!)

Pink Slime

Recipe:

- 1 bag of marshmallows
- Washing up liquid
- A pan

Method:

- Heat the marshmallows in the pan until they begin to melt and become sticky.
- Add a good squirt of washing liquid to make the marshmallows sticky and slimy.

Rainbow Slush

Recipe:

- Baking soda
- Water
- Ready mixed paint
- Vinegar (optional)

Method:

- Mix baking soda with water (1:1 ratio)
- Add paint or food colouring to gain desired colours
- Create a rainbow of colours for children to mix together and play with.
- Provide a squirty container with vinegar in- this will make the baking soda 'fizz'.

Soap Fluff

Recipe:

- Shaving foam
- Cotton Wool

Method:

- Pull cotton wool into small pieces
- Squirt shaving foam on top of the cotton wool and mix together
- Add sequins/ glitter etc as desired.

Clouds of Soap

Recipe:

- Bar of soap (Ivory works well)
- Microwave.

Method:

- Place your bar of soap on a piece of kitchen towel.
- Switch the microwave on for 90 seconds to 2 minutes (depending on your microwave power) and watch it expand.