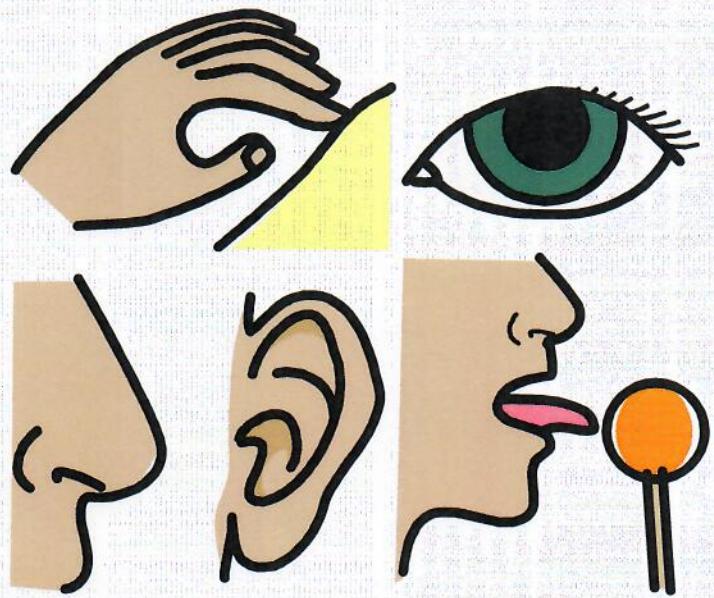


My senses





# My senses: Hearing

## Edible Sensory Recipe



### You will need:

Cooked boiled rice—cooled

Crispy rice cereal

Milk or water

Large tray

### Method

1. Spread the cooked and cooled boiled rice on one side of the tray.
2. Spread the crispy rice cereal out on the other side of the tray.
3. Just as the child starts to explore the tray, pour a small amount of either milk or water on the rice on each side of the tray.
4. Allow the child to explore the contrasting sounds of the different types of rice, the quiet boiled rice and the noisy rice cereal.

#### \* Disclaimer

- \* This recipe is intended to be used as soon as it has been made and not be stored for future use.

# **My senses: Sight**

## **Edible Sensory Recipe**



### **You will need:**

Fruit salad with bright colours— e.g. apple, orange, kiwi, strawberry

Grip lock plastic bag

Rolling pin

Large tray

### **Method**

1. Prepare the fruit salad. Ensure the fruit is chopped into large batons . Please be mindful that small fruit can be a choking hazard.
2. Put the biscuits into the plastic bag and crush them into crumbs using the rolling pin.
3. Spread the fruit salad out on the one side of the tray.
4. Spread the crushed biscuits out on the other side of the tray
5. Explore the contrasting sights of the bright coloured fruit and plain looking biscuits.

- \* Disclaimer
- \* This recipe is intended to be used as soon as it has been made and not be stored for future use.

# My senses: Taste

## Edible Sensory Recipe

### You will need:

Tin of rice pudding

Boiled rice—Cooled

Large tray

Edible glitter (optional)



### Method

1. Pour the rice pudding out on 1 side of the tray.
2. Spread the cooled boiled rice on the others ide of the tray.
3. You may like to sprinkle edible glitter over the tray.

- \* Disclaimer
- \* This recipe is intended to be used as soon as it has been made and not be stored for future use.

# My senses: Smell

## Edible Sensory Recipe

### You will need:

Pineapple

Eggs

Milk (optional)

Large tray



### Method

1. Prepare the pineapple. The pineapple can be cut into rings or chunks.
2. Use the egg and milk to make scrambled egg. Whisk the egg and add a dash of milk. Microwave for approximately 1 minute 30 seconds. Allow to cool.
3. Spread the pineapple out on one side of the tray.
4. Spread the cooled scrambled egg out on the other side of the tray.
5. Explore the contrasting smells of the sweet pineapple and savoury egg.

- \* Disclaimer
- \* This recipe is intended to be used as soon as it has been made and not be stored for future use.

# My senses: Touch

## Edible Sensory Recipe

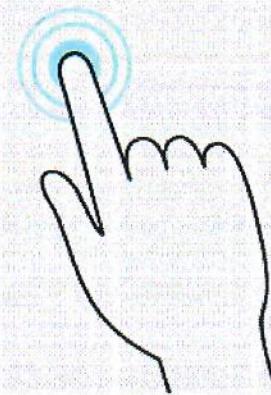
### You will need:

Crisps

Whippy dessert

Milk

Large tray



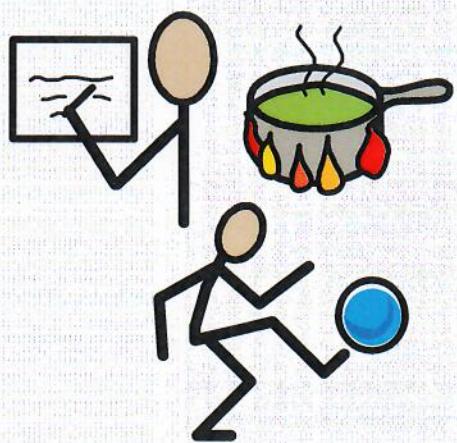
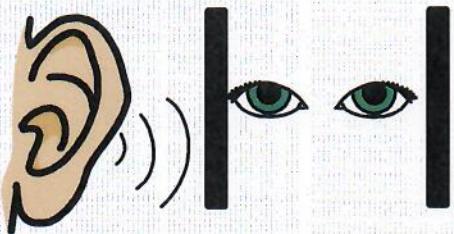
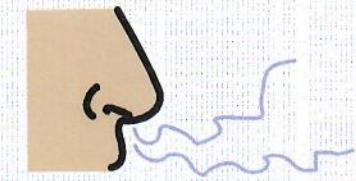
### Method

1. Using the milk, make the whippy dessert to the instructions on the packet.
2. Pour the whippy dessert out on one side of the tray.
3. Spread the crisps out on the other side of the tray.
4. Explore the feel of the different textures, the crunchy crisps and the smooth dessert.

#### \* Disclaimer

- \* This recipe is intended to be used as soon as it has been made and not be stored for future use.





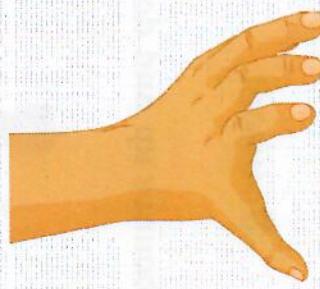
# sensory activity



## Sensory Brain Break

### Hand Crawls

Make your fingers into a crawling spider- make your spider walk or run across the table.



## Sensory Brain Break

### Scrunch It

See how many times you can scrunch tissue paper into a ball.



## Sensory Brain Break

### Draw It

Use a sand tray or sensory tray- see how many different patterns you can draw.



## Sensory Brain Break

### Roll It

Use a gym ball and ask an adult or friend to roll the ball across your back.



Sensory Brain Break

## Superman Roll

Use a gym ball, lie on your front, roll forwards and backwards across the ball in a superman pose!



Sensory Brain Break

## Wrap Up

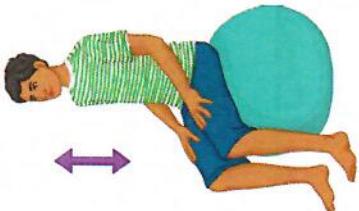
Wrap yourself in a heavy blanket or use a weighted vest.



Sensory Brain Break

## Bounce!

Use a gym ball, bounce up and down on the ball.



Sensory Brain Break

## Fiddle Toys

Explore a fiddle box of toys!



Sensory Brain Break

## Peanut rock

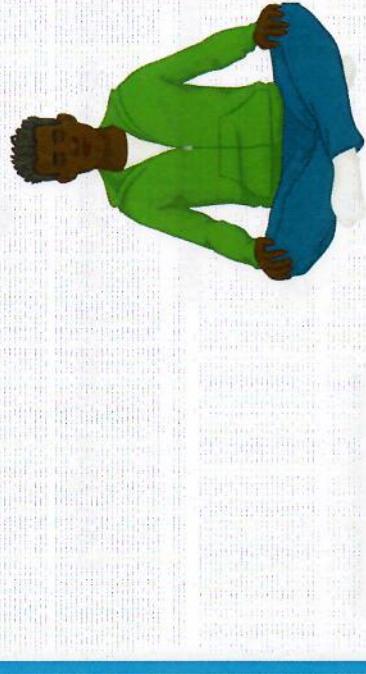
Find a space. Tuck your knees into your chest. Can you rock backwards and forwards.



Sensory Brain Break

## Deep Breathing

Take 10 deep breaths.



Sensory Brain Break

## Spinning

Stand on the spot. Spin round in circles one way, then spin the opposite way.



Sensory Brain Break

## Music Time

Listen to music using headphones.



Sensory Brain Break

## Jump

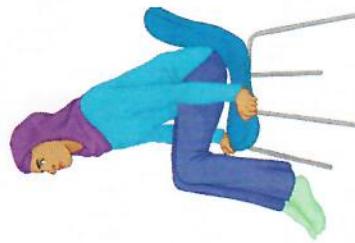
Use a mini trampoline to practise jumping. Play hopscotch or jump on the spot.



Sensory Brain Break

## Chair Pushes

Sit on a chair. Hold the sides of the chair and push yourself up, off the chair. Can you do 10 chair pushes?



Sensory Brain Break

## Wall Pushes

Find a space against a wall. Place your hands on the wall and take two big steps back. Can you push yourself backwards and forwards?



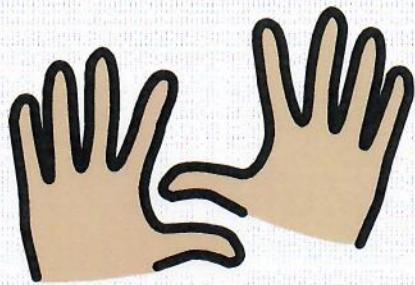
Sensory Brain Break

## Stretch and Pull

Use a stretchy band.

Can you stretch the band with a friend or an adult?





# Fine motor skills

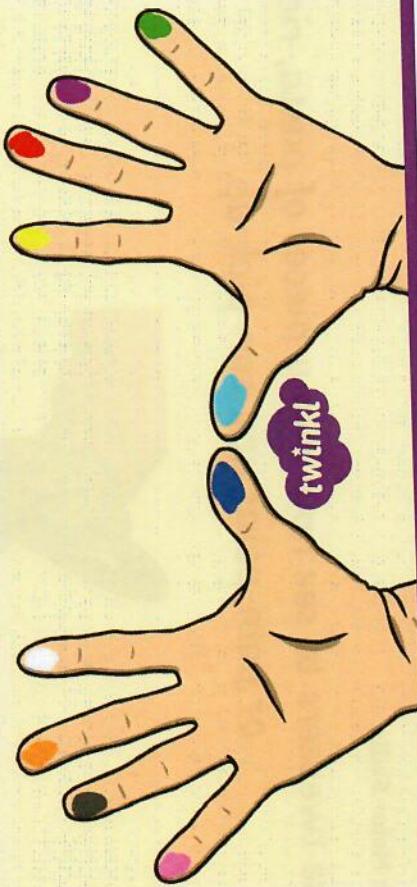


## activities



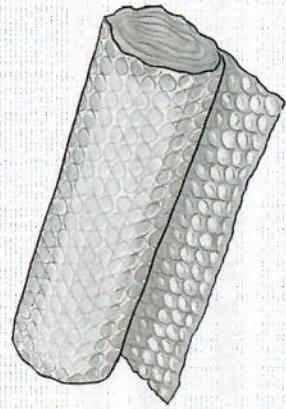
# Fine Motor Skills

## Activity Cards



Fine Motor Skills

How many bubbles can you pop?  
Can you beat your score next time?

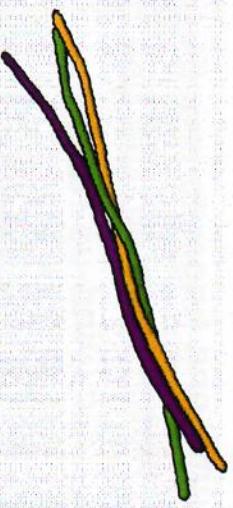


Use bubble wrap.

Fine Motor Skills

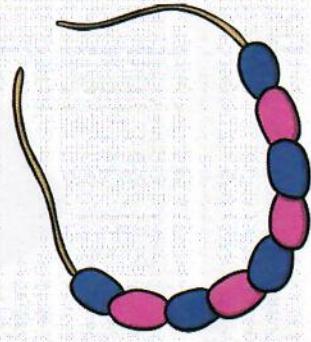
Use a colander and pipe cleaners.  
Can you thread the pipe cleaners  
through the holes?

How many can you thread in a minute?



Fine Motor Skills

How many beads or buttons can you thread on a  
lace or string?  
Can you make a pattern using different colours?



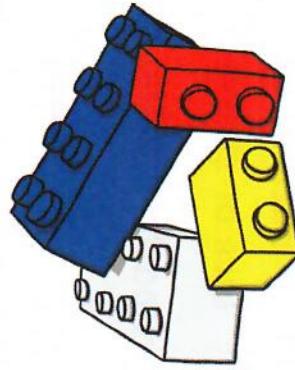
Fine Motor Skills

Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?



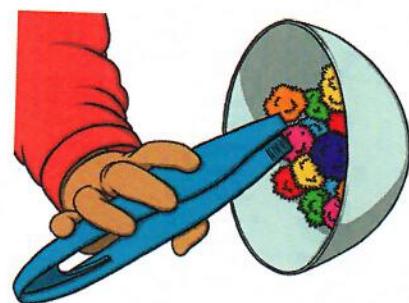
Fine Motor Skills

Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?



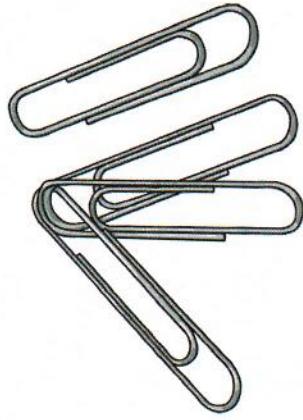
Fine Motor Skills

Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.



Fine Motor Skills

Can you make a chain of paper clips?  
Can you make a chain longer than a pencil, a ruler, a book or your table?



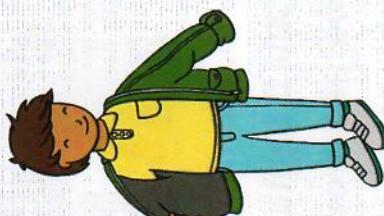
Fine Motor Skills

Use a mini hole punch – how many holes can you make in a piece of paper, card, tissue paper even leaves?



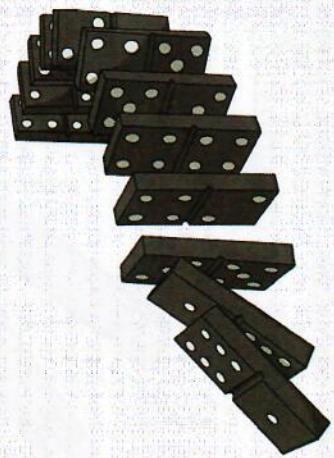
Fine Motor Skills

How quickly can you do up buttons or zips on a jacket or coat?



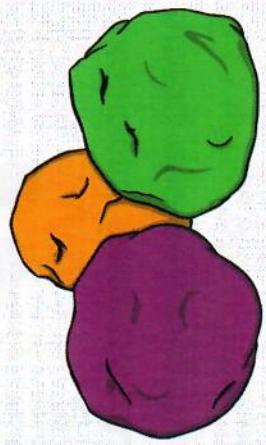
Fine Motor Skills

Pick up dominoes and make a long line next to each other, then knock them down!



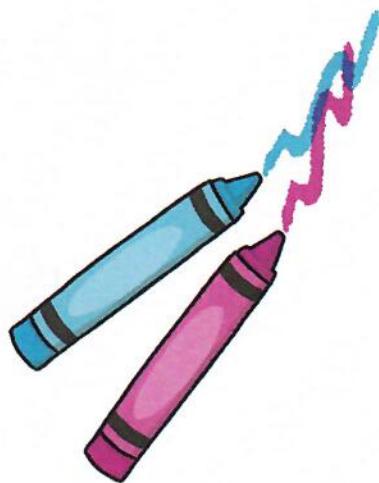
Fine Motor Skills

Use your thumbs and fingers to make a playdough meal!  
What other foods could you make?



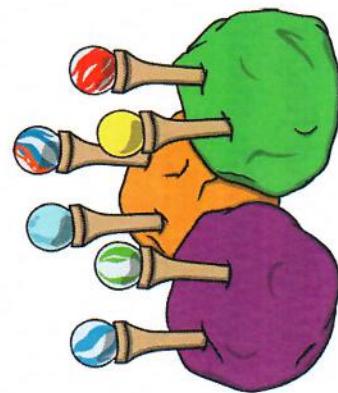
Fine Motor Skills

Trace around stencils with a pencil, felt tip, chalk or crayons.



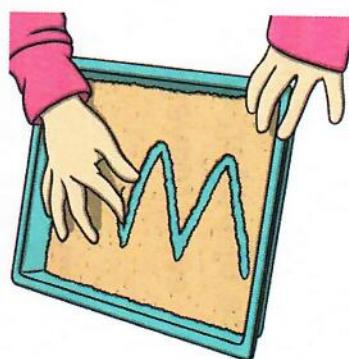
Fine Motor Skills

Roll a ball of playdough. Push in golf tees. See how many marbles you can balance. Can you make a spiky hedgehog?



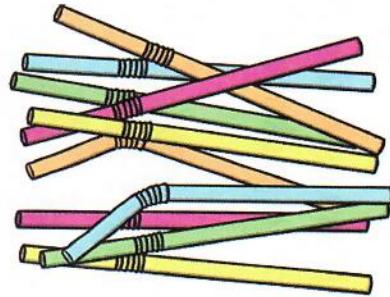
Fine Motor Skills

Use a sand tray and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!



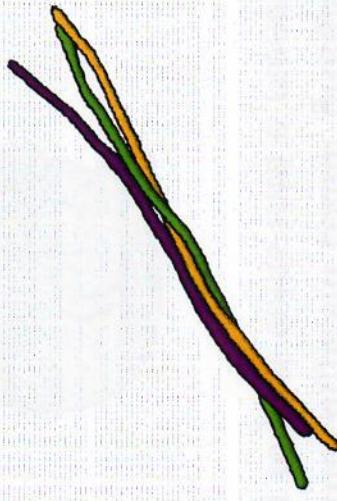
Fine Motor Skills

Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.



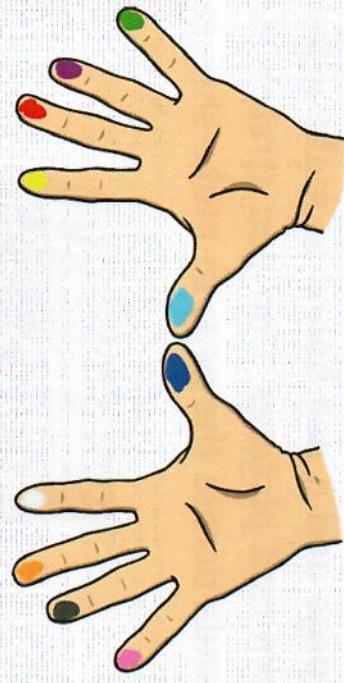
Fine Motor Skills

Wind pipe cleaners around twigs to make mini snakes or curly worms!



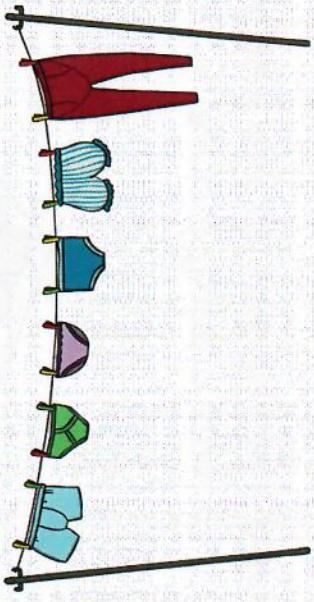
Fine Motor Skills

Use finger paints to make a fingerprint picture, painting or collage!



Fine Motor Skills

Use pegs to hang out washing on a washing line.  
How many pieces can you hang out using two pegs?



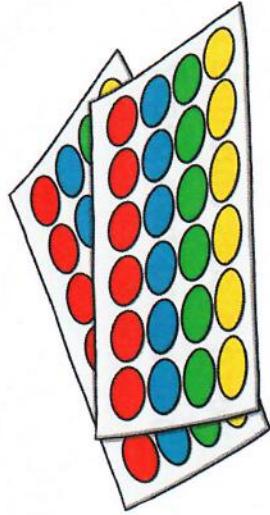
Fine Motor Skills

Use a cork board, mini hammer and wooden shapes to create a picture!



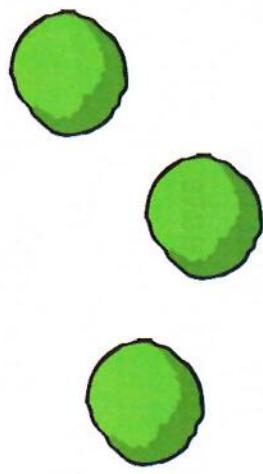
Fine Motor Skills

Use colourful sticky dots, to peel and stick to create a dotty picture!



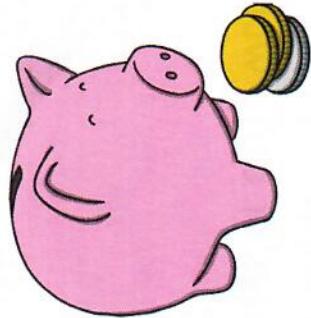
Fine Motor Skills

Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?



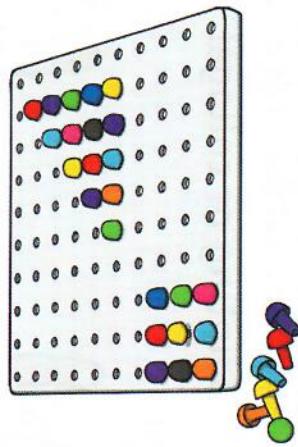
Fine Motor Skills

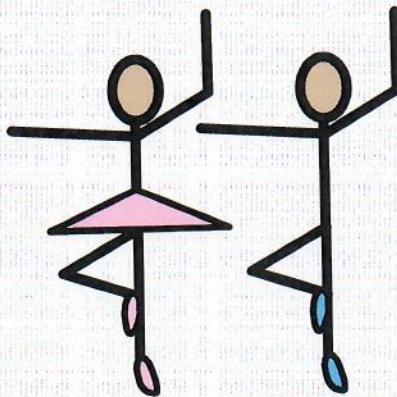
Sort coins into different colour groups. Then use money to post coins into a money box.



Fine Motor Skills

Use pegs and a peg board to make different patterns and pictures. Can you stretch elastic bands across the pegs to make shapes?





# Gross motor skills



## activities



# Gross Motor Activity Cards



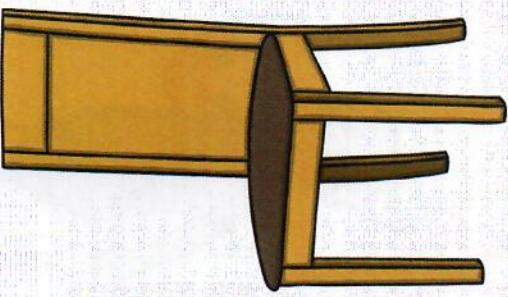
## Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?



## Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



## Shoulder Spirals

Hold out both your arms at shoulder height. From your fingertips, make small circle shapes, starting small and getting bigger until you can make big spiral shapes!



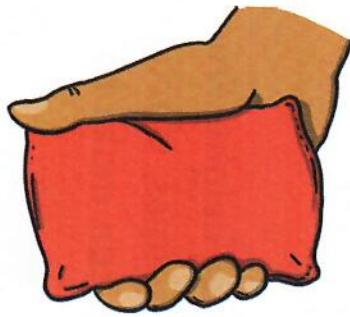
## Wonderful Walking

Walk forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel to toe and then take giant steps.



## Bean Bag Challenge

How many bean bags can you throw in a hoop, a bucket or at a target? Can you change the distance you throw from?



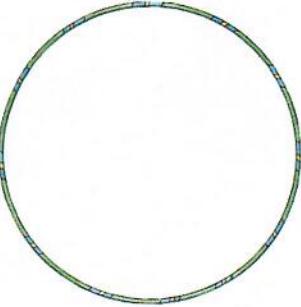
## Marvellous Mats

Lay out a PE mat. How many different ways can you move across the mat? Can you jump, skip, roll, crawl or slide?



## Happy Hoops

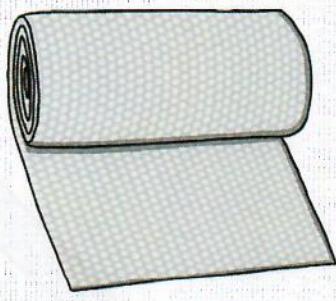
Use a hoop. See how many ways you can use the hoop to jump in, hop, skip, spin, throw, crawl, catch, hula-hoop!



## Bubble It!

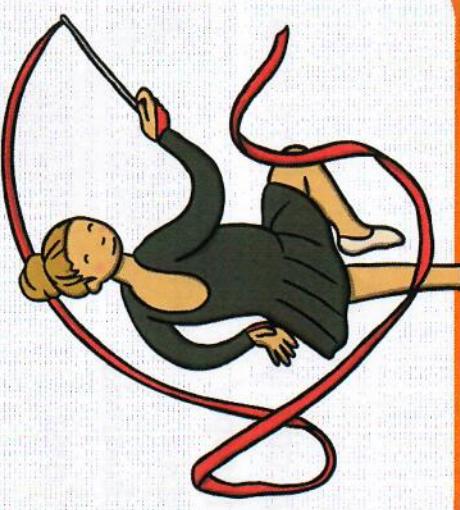
Use a piece of bubble wrap to:

- Walk, hop, crawl or roll along.
- Use a roll of bubble wrap to roll it backwards and forwards.
- Lie on top of a thick roll. Can you move forwards and backwards?



## Whirl and Twirl

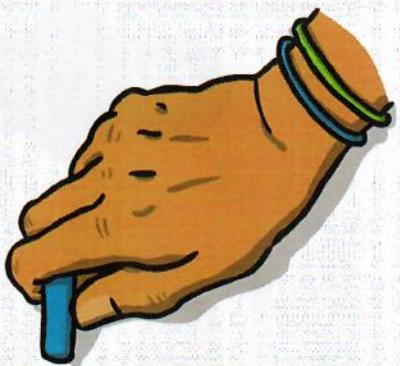
Use ribbons on sticks to make different patterns in the air.



- Can you write letters, numbers, make shapes?

## Chalk It!

In an outdoor space, use chalk to make big patterns! Chalk wavy, curly, zig zag lines, numbers or letters. Can you then hop, walk or skip over the lines you have chalked?



## Chair Aerobics

At your chair or desk, stand up and see if you can do the following exercises:

- Stretch both hands above your head. Press your palms together for 10 seconds.
- Stretch out your legs in front of you. Place your heel on the ground and lift each leg 10 times.
- Raise your right hand and touch your left shoulder. Repeat 10 times.

**Brilliant Ball Skills**

Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble or dribble around cones!

**Animal Antics**

Use your body to pretend to be different animals:

**Snake:** slither across the floor

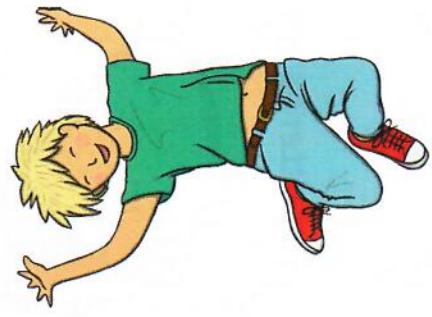
**Butterfly:** flutter around the room

**Elephant:** stomp with both feet

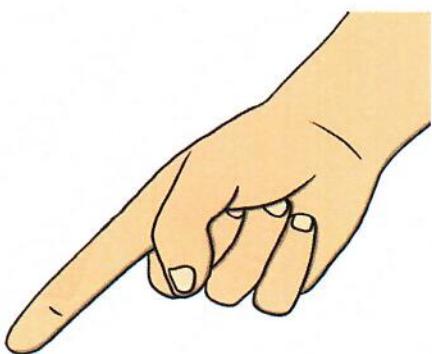
**Kangaroo:** bounce around

**Frog:** hop like a frog

**Flamingo:** stand still on one leg

**Cross Crawl**

Hold one arm out in front of you with your index finger pointed. Draw the number 8 with one hand. Change arms. Can you draw a number?

**Jumping Jacks**

How many different ways can you jump? Can you jump on the spot (small jumps/ big jumps), side to side, star jumps, bunny jumps, backwards, forwards, with eyes open and eyes closed!



# fun



# activities



## Bubble Fun!

### You need:

1/2 cup washing up liquid  
5 cups of water  
1 teaspoon of sugar  
2 tablespoons of glycerine

### TIPS:

- Microwave in a large tub for 10 seconds for better bubbles!
- Other things to blow out of:
  - funnels
  - plastic tubes
  - rope tied in a hoop
  - tennis racquet
  - plastic netting



## Finger Paints

### You need:

2 cups white flour  
2 cups cold water  
food coloring

### TIPS:

- Add other materials to make it a differing sensory experience.
- Instead of food colouring, use powdered jelly for colour and scent.
- Children to play with on a plastic surface then take a print.
- Put paint onto a plastic mirror to get a nice reflection back when playing, again take print.
- Warm in microwave, just prior to use.
- Put in shallow tray and use feet.



## Ice Fun!

### You need:

ice



### TIPS:

- Put water into moulds with children.
- Freeze objects into ice.
- Grate to make snow.
- Provide salt to melt ice.
- Use range of moulds eg. small balloons and gloves.
- Add food colouring before freezing.
- Layer up different colours as they freeze.
- Put ice in water and add toy boats, penguins, etc.

## Flax Fun!

### You need:

packet of flax  
water

### TIPS:

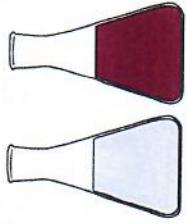
- Give to children to play with dry.
- It is very silky and slides between your fingers.
- Add water and boil to make a very glutinous mixture.



# Laboratory

**You need:**

cooking oil	water	plastic pots
vinegar	ketchup	plastic bottles
baking powder	corn flour	bicarbonate of soda
baby oil	flour	
salt	ice	
sugar	food colouring	
clothes	lolly sticks	
spoons	pipettes	

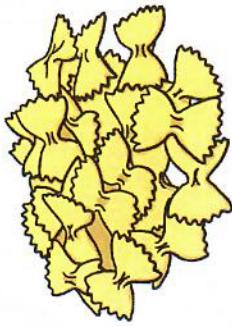


Use the materials to create a fun laboratory and encourage mixing and experimenting!

# Pasta

**You need:**

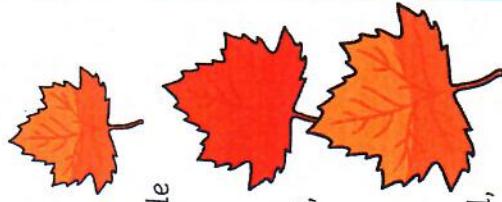
pasta shapes/ spaghetti  
food colouring  
water  
cooking oil



**Method**

- Cook pasta according to packet.
- Add food colouring to water before cooking and plenty of oil to prevent sticking and make it slimy.
- When cooked, rinse well with hot water.
- Try different pasta shapes and using instant noodles for speed.

# Nature Fun!



**Soil:** Add dinosaurs, bugs, animals, garden tools, pots etc.

**Turf:** Add dinosaurs, animals, tractors, small people etc.

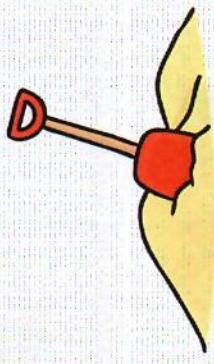
**Autumn leaves:** Give children a wheel barrow to collect and put into paddling pool to jump in.

**Hay/ straw:** Smells great, children can make nests, feed animals etc. Provide hay bail to pull apart great for motor skills.

**Feathers:** Large amount of craft feathers in paddling pool to sit in.

**Shells:** A large selection presented on blue material, shiny metal trays or child safe mirrors.

# Semolina



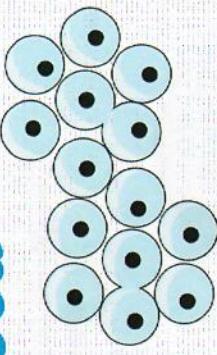
**You need:**

1 cup semolina  
1/2 cup corn flour  
1/4 cup hot water

**TIPS:**

- Use as an alternative to sand, it has a lovely texture and is great for pouring.
- It forms little balls when wet.
- Allow children to mix with water to make a very sticky and grainy paste.

# Tapioca



**You need:**

Packet of tapioca  
Water  
Food colouring

**TIPS:**

- Allow children to explore dry tapioca as it is a great alternative to sand and feels great, but can become very static.
- Boil tapioca according to instructions using water instead of milk, add food colouring.

# Colour Mix



**Play Dough**

- Give children balls of primary colours, allow them to mix.

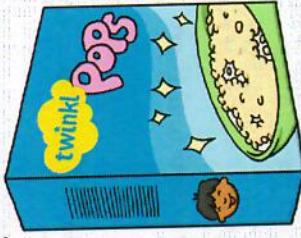
**Hand Painting**

- Paint one hand one colour and the other another.  
•Rub hands together to make new one.

**Water**

- Add primary coloured food colour to clear pots of water.
- Use syringes or pipettes to transfer water to another pot and create new colours.

# Cereal Fun



**Rice Crispies**

- Add water and colouring, listen and squish.
- Dry - avoid excessive eating.
- Add water to make squishy & silky.

**Wheat Biscuits**

- Float on water.
- Mix with water.

**Cornflakes**

- Mix with water and colour.
- Thread on to string or make them float on water.

**Cheerios**

# Silky Dough



**You need:**

8 parts flour  
1 part baby oil

**Method:**

1. Mix together, it will be soft but holds together like wet sand.
2. Add a splash of food colouring.
3. Use different scents of baby oil, appropriate to colour.

# Sands Good!

**TIPS:**

- Add a splash of water and washing up liquid for another sensory element.
- Add food colouring too.
- Add PVA glue and a dash of paint, paint on card and then dry to create a longer term creation.
- Add glitter.
- Add metal objects and children use magnets to find the objects.
- Use in a shallow tray, add paintbrushes and allow to make marks.
- Put a shallow amount of sand on top of a bright picture or mirror.



# Sugar Paints



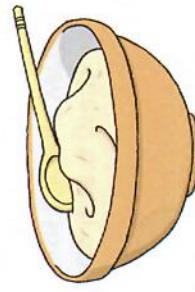
**You need:**

icing Sugar  
powder paint  
water

**Method:**

1. Make a thin solution of icing sugar and water. Spread over paper.
2. Sprinkle powder paint over paper.
3. Allow to dry (takes a long time).
4. It dries shiny.

# Salt Dough

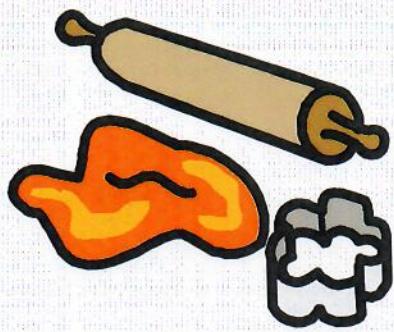


**You will need:**

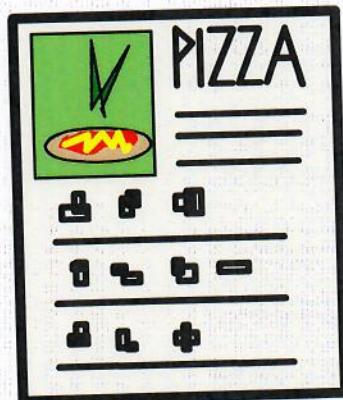
4 cups of salt  
1 cup of corn flour  
water

**Method:**

1. Mix salt and corn flour in pan.
2. Add enough water to form a paste.
3. Cook over medium heat, stirring constantly.



# playdough



## recipes





# Lavender

## Playdough Recipe

### You will need:

2 cups plain flour

2 tbsp vegetable oil

$\frac{1}{2}$  cup salt

2 tbsp cream of tartar

Up to 1.5 cups boiling water

$\frac{1}{2}$  tbsp gel food coloring

Few drops of glycerine

3 or 4 lavender flower heads, pulled apart

### Method

1. Mix the dry ingredients together.
2. Stir through the oil and glycerine.
3. Add the boiling water and stir vigorously until all the lumps are gone and it begins to come together..
4. Knead it until it stops being sticky.
5. Add any coloring and then the lavender heads at the final stage.





# Gold Shimmering

## Playdough Recipe

### You will need:

3 cups plain flour

$\frac{1}{2}$  cup water

$\frac{1}{2}$  cup vegetable oil

Few large squeezes of yellow food coloring

Small squirt of gold glitter paint

Some body shimmer dust

Gold star sequins

### Method

1. Mix all the ingredients together in a bowl.
2. Stir together and knead until smooth and stretchy.
3. Use your fingers to mix in the dust so the dough shimmers all over.
4. Push the gold star sequins into the dough.





# Slimy Frog Playdough Recipe

## You will need:

1 cup flour

$\frac{1}{2}$  cup salt

2 tbsp cream of tartar

1 tbsp oil

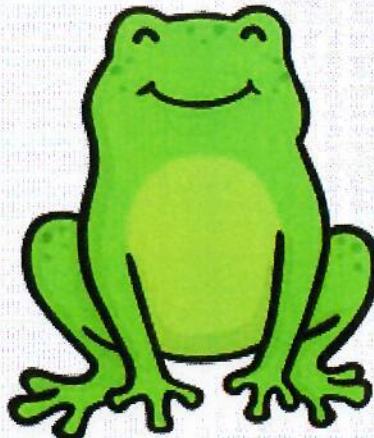
Green food coloring

1 cup boiling water

2 tbsp baby oil

## Method

1. Mix together the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Add 5-10 drops of green food coloring (depending on how dark you want the playdough), to 1 cup of boiling water.
3. Add the coloured water to the other ingredients in the large bowl.
4. Stir the mixture well until it is combined together.
5. Once you feel it has cooled enough, add the baby oil.
6. Knead it together and get playing.





# Black Sparkle Space

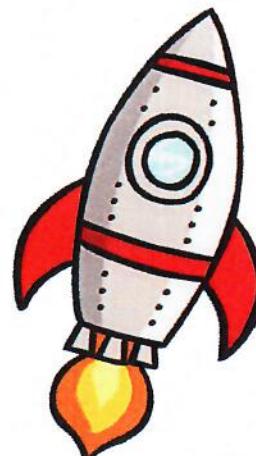
## Playdough Recipe

### You will need:

2 cups plain flour  
2 tbsp vegetable oil  
 $\frac{1}{2}$  cup salt  
2 tbsp cream of tartar  
Up to 1.5 cups boiling water  
Black food coloring or 1 tbsp black powder paint  
Few drops glycerine  
Silver glitter

### Method

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Add food coloring to the boiling water then into the dry ingredients.
3. Add the glycerine.
4. Allow it to cool down then knead it vigorously for a couple of minutes until all the stickiness has gone.
5. Knead in the glitter.





# Beanstalk

## Playdough Recipe

### You will need:

1 cup flour  
 $\frac{1}{2}$  cup salt  
2 tbsp cream of tartar  
1 tbsp oil  
Green food coloring  
1 cup boiling water  
 $\frac{1}{2}$  cup dried green split peas

### Method

1. Mix together the flour, salt, cream of tartar and oil in a large mixing bowl.
2. Add 5-10 drops of green food coloring (depending on how dark you want the playdough), to 1 cup of boiling water.
3. Add the boiling water to the other ingredients in the large bowl.
4. Stir the mixture well until it is combined together.
5. Once you feel it has cooled enough, tip it out on a flat surface, knead in the split peas.
6. Get playing!



# Strawberry Sparkle Butterfly Playdough Recipe

## You will need:

3 cups water  
3 cups plain flour  
1.5 cups salt  
3 tbsp vegetable oil  
2 tbsp cream of tartar  
Red food coloring  
Red glitter  
Strawberry flavoring or strawberry puree  
Saucepans  
Butterfly cutter  
Rolling pin  
Beads/sequins for decoration  
Pipe cleaners for antennae

## Method

1. Heat the water, flour, salt, vegetable oil, cream of tartar, food coloring and flavorings in a pan, stirring as they heat up.
2. After about 5 minutes, the playdough will start to come away from the sides of the pan and stick together in a ball.
3. Leave the dough to cool briefly, then knead it together on a flat surface.
4. As you are kneading, add the glitter and sequins to give it some sparkle.
5. The playdough should smell delicious and look sparkly, ready to roll out and make beautiful butterflies.
6. If you have used strawberry puree, then this recipe is intended for short-term use only and should be thrown away before it spoils.



Follow the instructions on this sheet to make your own playdough – no cooking or hot water required!

# No-Cook Playdough

## Ingredients

2 cups plain flour

1 cup salt

1 tbsp oil

1 cup cold water

2 drops liquid food colouring  
– any colour of your choosing

## Method

1. Mix the flour and salt together in a large mixing bowl.
2. Add the cold water, oil and drops of food colouring and mix together.
3. When your ingredients are well mixed, take them out of your bowl and place your dough onto a flat surface, such as greaseproof paper.
4. Knead vigorously for a few minutes, until your dough feels like playdough and all of the stickiness has gone.

## What is kneading?

This is when you press, massage, squeeze and fold your dough.

If your dough is too wet, add a little extra flour and carry on kneading.

If your dough is too dry and crumbly, add an extra drop of cold water and carry on kneading.

Make sure you add any extra ingredients a little bit at a time.



# Silly Stretchy Putty

## Edible Sensory Recipe

### You will need:

Cornflour

Smooth yoghurt – any flavour

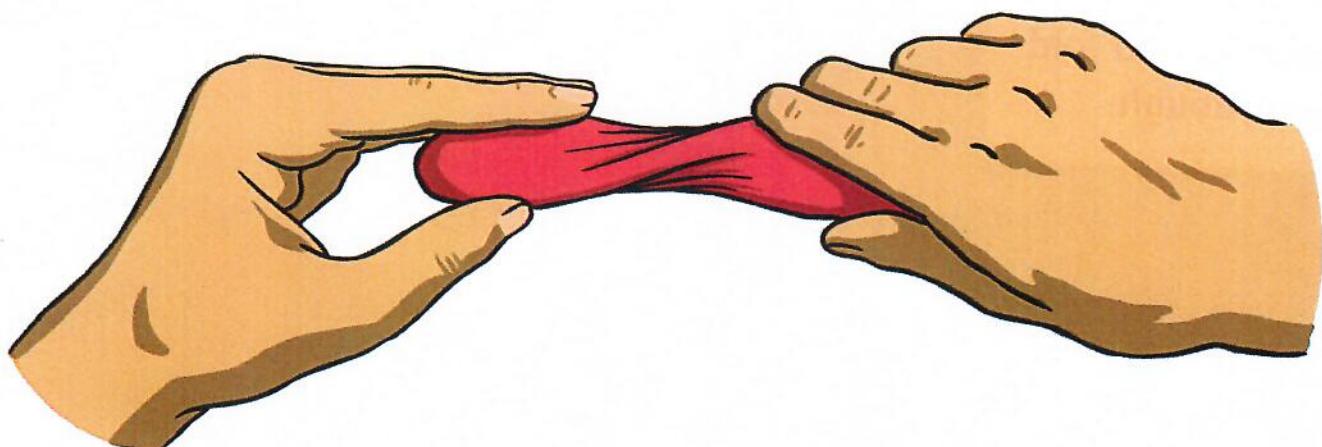
Bowl or tray

### Method

1. Mix 1 cup of yoghurt and 1 cup of cornflour together.
2. Keep mixing until firm. Add more cornflour or yoghurt as needed.
3. Knead the dough until it is the consistency of stretchy putty.
4. Enjoy the stretchy, sticky dough! You may like to enhance the dough with a variety of non-edible additions.

\*Please note that although this recipe is safe for children to taste and explore with their mouths, it is not intended for them to eat in large quantities.

\*This recipe is intended to be used as soon as it has been made and not to be stored for future use. Supervise children at all times to ensure that small non-edible items do not become a choking hazard.

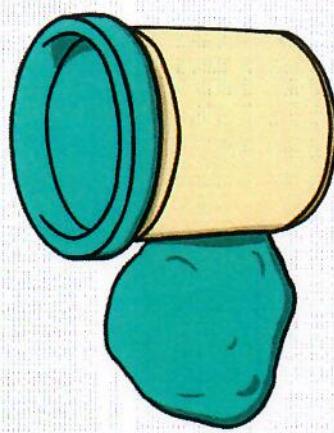




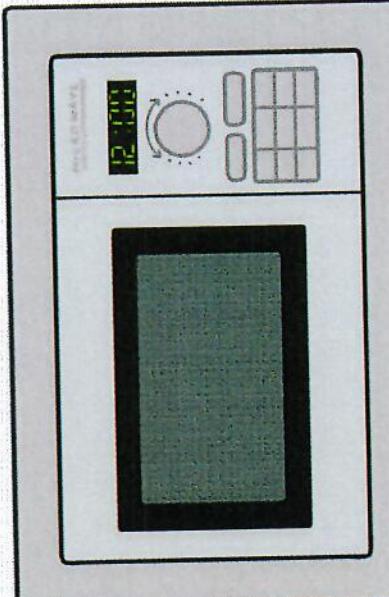
You Will Need:

2 cups plain flour  
1 cup salt  
2 cups water  
2 tbsp oil  
4 tsp cream of tartar  
Food coloring

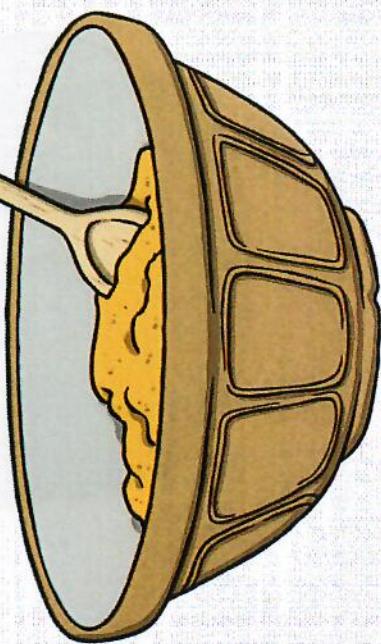
## Make your own playdough



1. Mix ingredients together in a bowl.



2. Now cook the mixture on a stove top in a saucepan or pop the bowl into a microwave to cook for 5 minutes.



3. Leave to cool and it is now ready to be played with!

