

An illustration on the left side of the page shows a pair of hands stretching a long, thick strand of red slime. The background features a grid of small dots in various colors (red, orange, yellow, green, blue) and a large, stylized snowflake in the bottom right corner. The overall theme is sensory play.

SENSORY PLAY ACTIVITIES

WHAT IS SENSORY PLAY?

Activities designed to help children explore their 7 senses:

TOUCH, SMELL, TASTE, SIGHT, HEARING, BODY AWARENESS, and **MOVEMENT.**

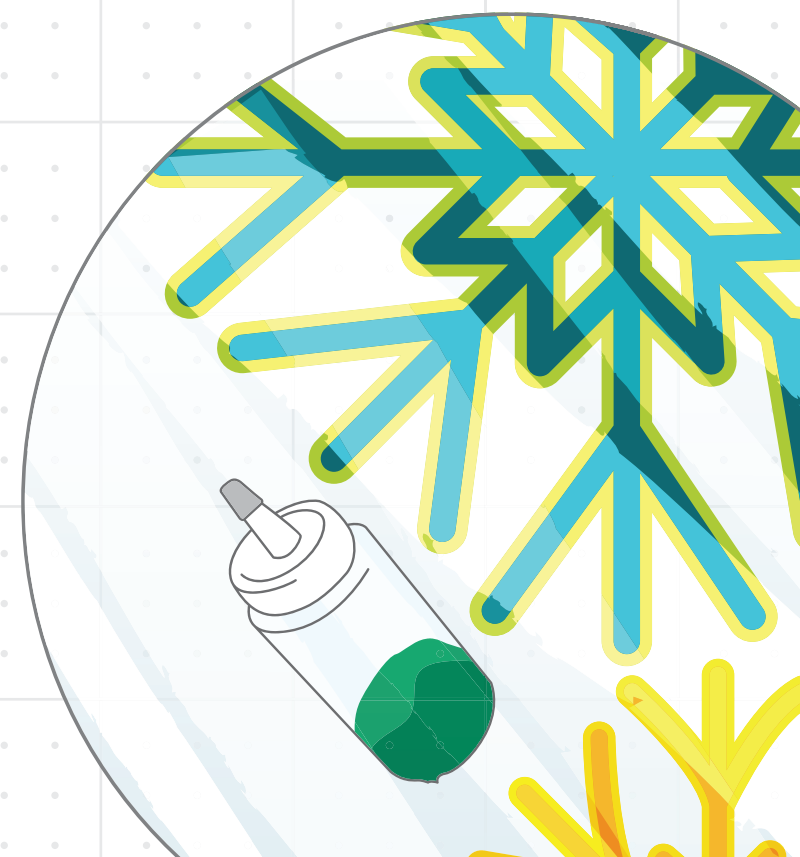
Check out the activities below for sensory play using materials you can find at home!

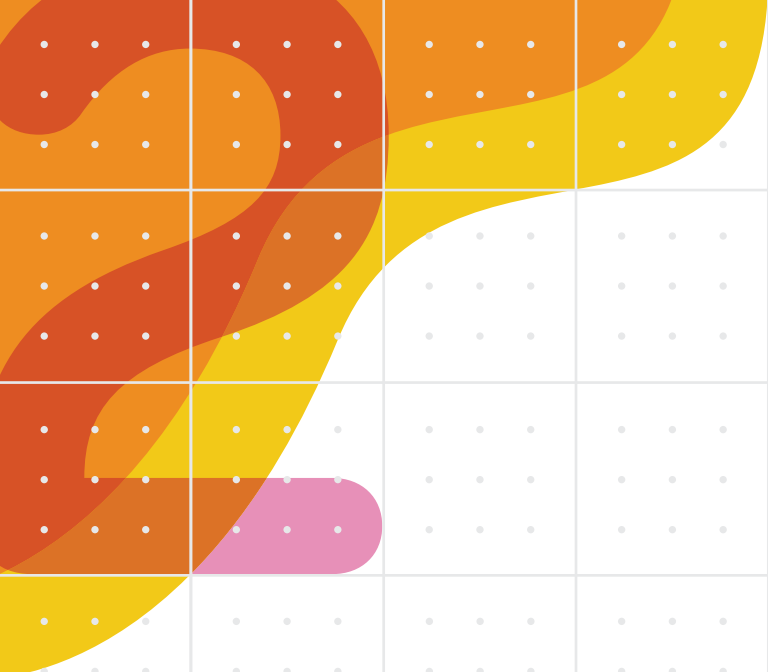
SLIME

Mix approximately 1 cup of corn starch with dish soap, mix and knead with dry hands. If it is too crumbly, add more dish soap. If it's too sticky, add more corn starch. Use different colours of dish soap to make different colours of slime, or add in food colouring. Stretch, pull, and stick the slime. You can even try to make bubbles by blowing into a straw stuck in the slime.

SNOW PAINT

In a squirt bottle or spray bottle, mix warm water with juice crystals or food colouring to make colourful water. Take this outside and squirt to paint the snow.



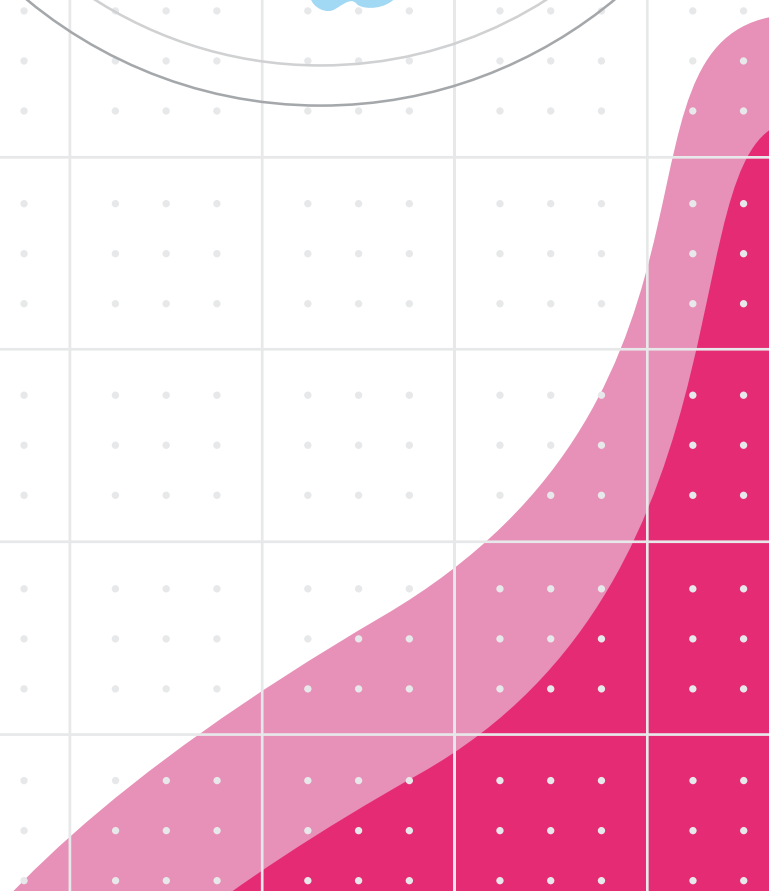
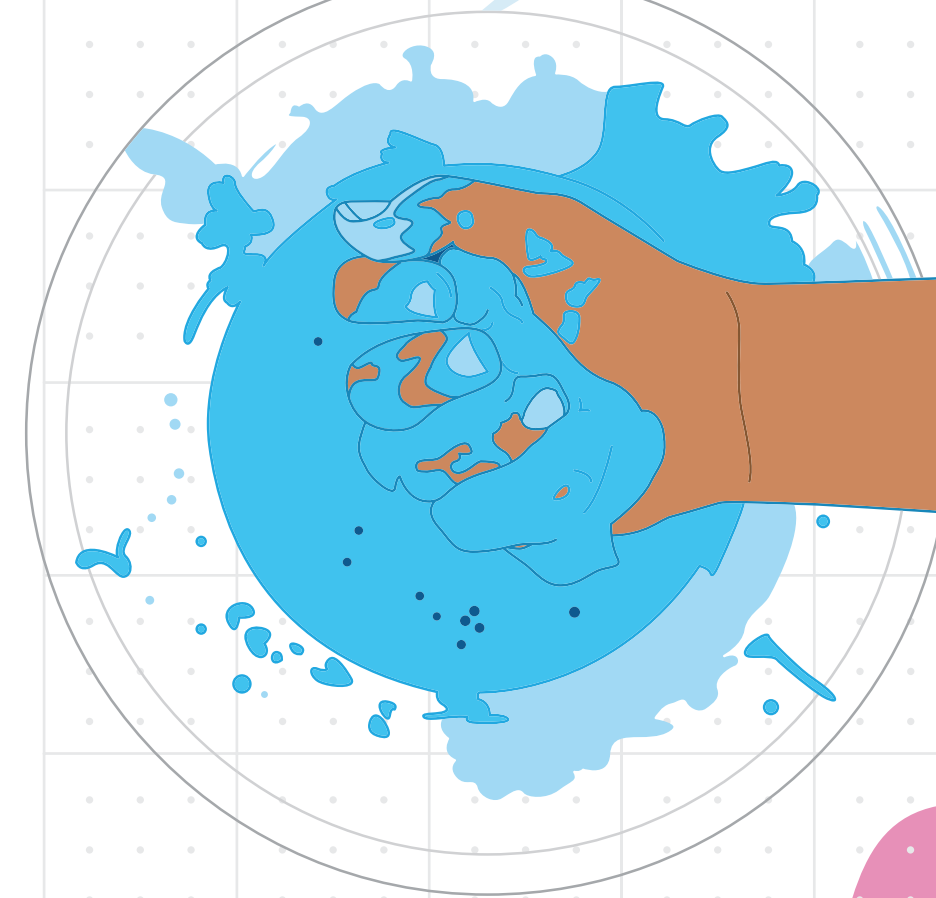
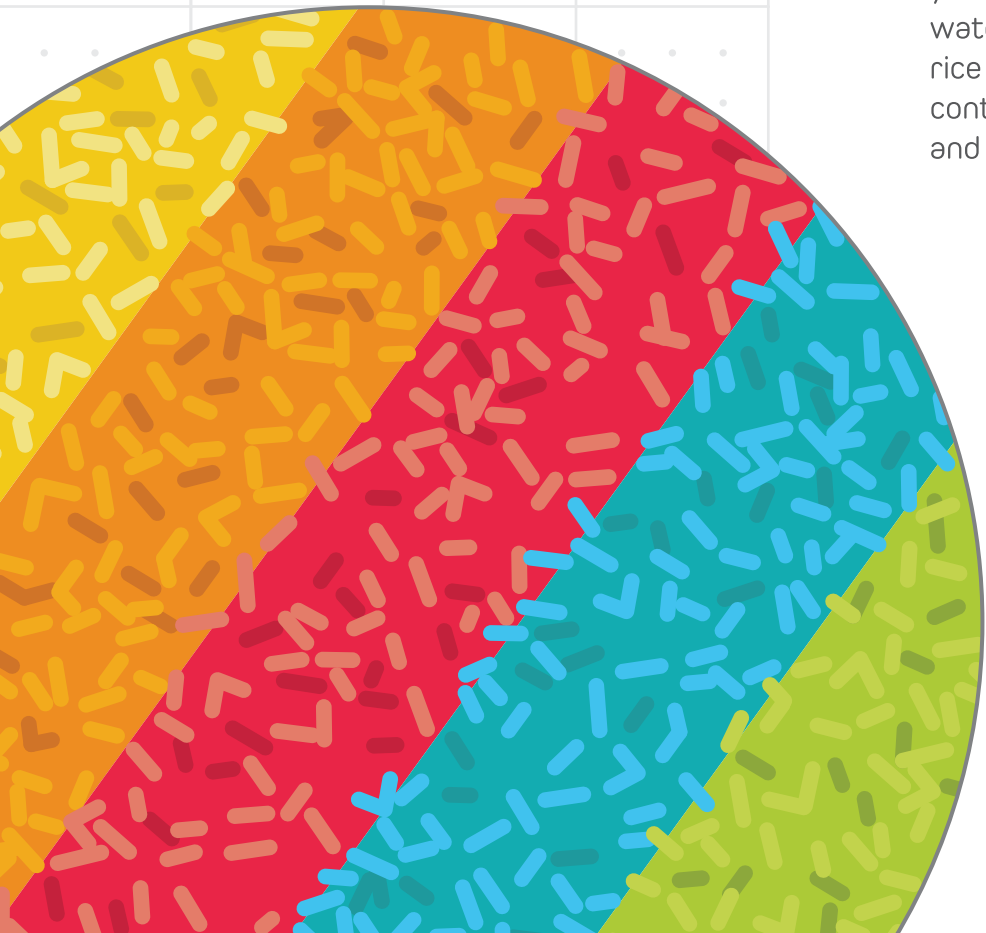


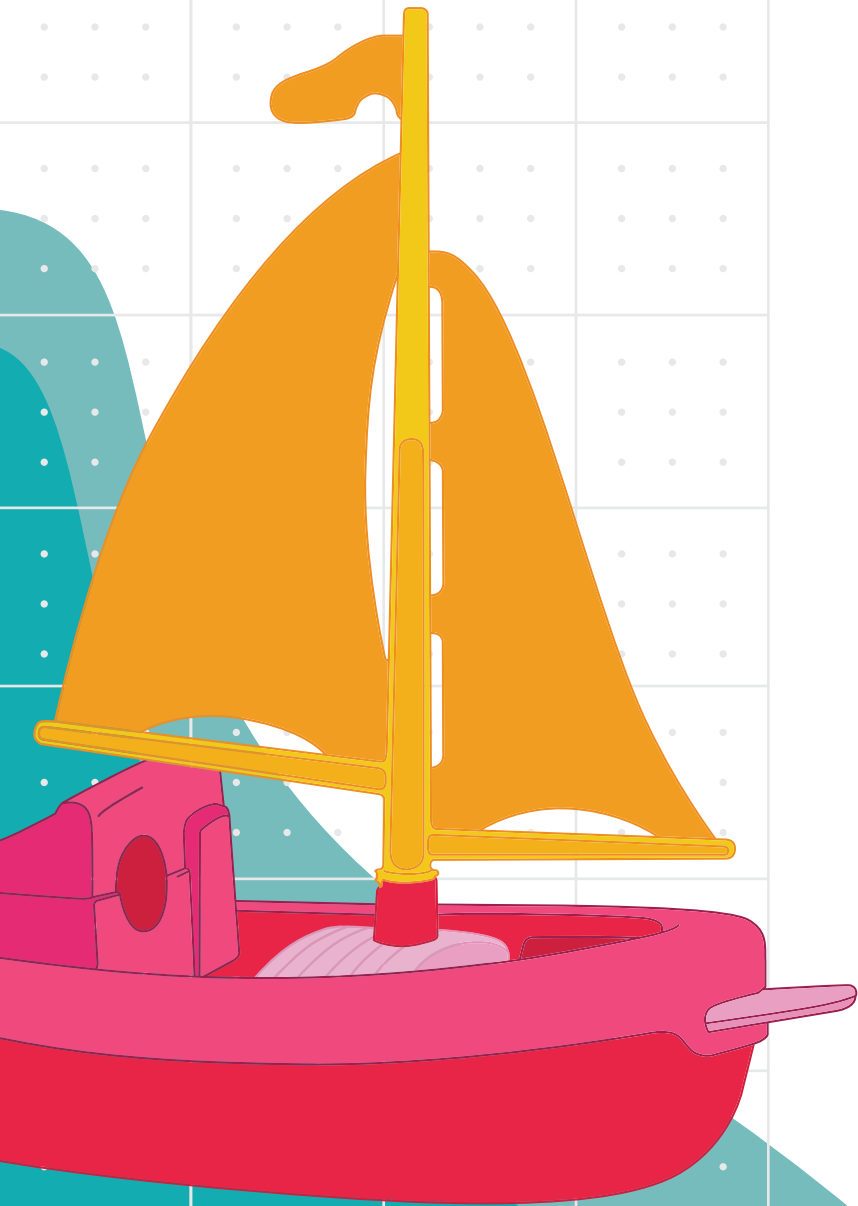
OUBLECK

Mix cornstarch and water to make a thick paste that is hard when it is sitting, but melts when you touch it. Add in food colouring or juice crystals to make fun colours.

RAINBOW RICE

Put uncooked white rice into a large zip seal bag or a mixing bowl (one for each colour of rice you want to make). Colour the rice with a few drops of food colouring and a few tablespoons of water (helps to spread the colour). You can add vanilla to make it smelly! Mix or stir until all the rice is coloured. Wait a few hours until it is fully dry, then break up the rice and pour into a container. Add tools like spoons, measuring cups, or funnels to practice scooping, stirring, and pouring.





DOES IT SINK OR FLOAT?

Fill a bin, bucket, or other large container with water. Find household items that you can place in the water, and ask before you put it in “Do you think it will sink?” or “What do you think will happen with that one?” You can include items like cups, bowls, brushes, spoons, rocks, lego or other plastic toys, feathers, pompoms, pipe cleaners, beads, leaves, sticks. You can even do this in the bathtub!

SENSORY BOTTLE

Fill an empty water bottle or jar with warm water and baby oil or clear glue (these help the items inside the bottle fall more slowly). Add in glitter, beads or buttons, paint, food colouring, feathers, pipe cleaners, or other small items to make colourful bottles! Experiment with different items to include in the bottle to make different sounds when you shake it (ex. beads might be louder than buttons).

