

# Sensory Play Ideas

## Rubbery Goop

2 cups bi-carbonate soda  
1 ½ cups water  
1 cup of cornflour  
Food colouring (optional)



Combine all ingredients into a saucepan.

1. Mix the ingredients together using a whisk to remove lumps.
2. Heat on stove stirring with a wooden spoon.
3. Bring the mixture to the boil continuously stirring.
4. Small lumps will begin to appear, continue to stir until a thick mixture has formed.
5. Turn out onto the bench. Be careful - it will be very hot!
6. Knead together to form a smooth ball of Rubbery Goop.
7. Store in a plastic zip-lock bag or air tight container.

## Gloop

2 cups of cornflour, 1 cup of water, two drops of food dye and a large container.

Encourage your child to mix and play with the Gloop before it is completely mixed together, the fun and learning starts here. Explore the texture and talk about what it feels like, sticky, slimy, cold and powdery.



**Squishy Bags** These are great fun for mark making. You can draw pictures, numbers, letters, patterns. Just mix together 1 cup of flour, 6 tablespoons of water and food colouring. Put it into a zip lock bag and seal it with sticky tape. Instead of flour and water, you can also put colours of paint into a zip lock bag and explore colour mixing.



# Ice and shaving foam



Ice and shaving foam makes a fun sensory experience. If you have food colouring at home, you can colour the ice to make it stand out

## Cloud Dough

Mix together 4 cups of flour and  $\frac{1}{2}$  cup baby oil. Cloud dough is super soft. It is powdery but can also be moulded into shapes, squeezed and pressed.



CLOUD DOUGH RECIPE



## Water Play

Water play is always popular and doesn't need to be complicated. Put water in a washing up bowl or fill the sink and give your child anything they can use for pouring -

cups, small bowls, colanders, bath toys and plastic figures you may have at home.



## Pulses, Pasta and Rice

These are great for pouring and scooping. Lentils, etc can be put into a large bowl with small bowls, funnels, spoons - anything good for filling and emptying.