



Sensory Play at Home

The activities in this booklet are designed to be fun and adaptable, to give you some ideas of what you can do at home to support your child's sensory development.

Sensory play does not have to mean messy! However, please be forewarned that some activities can be. For this reason, I have included a 'messy star rating system' as a guide to help you decide which activity to do:

★ **least messy**

★★ **a bit messy**

★★★ **very messy!**

You may find it useful to use an old towel, a craft sheet or a cheap shower curtain to protect surfaces in your home.

Sensory Ideas to do at home:

Paper Play ★★

Most children enjoy pulling things, like ripping pages from books, peeling the wallpaper, or pulling all the wet wipes out of the packet! This could be because your child wants to explore. If you find this is happening often, try providing them with the opportunities to do this in a fun and safe way. For example, you can provide them with papers that they can tear apart, like an old newspaper or a magazine. Depending on your child's age and stage they may prefer to cut them up and make a collage with glue or Sellotape. If you have access to a paper shredder you can put the shredded paper into a box and let your child explore, maybe even add in a few objects that they can find!





Ready, Steady, Cook! ★★

Any type of food preparation from cutting fruit to baking cakes involves both practical life skills and sensory experiences. The best part about getting inventive in the kitchen is that you get to eat your hard work at the end, so dust off the old cookbook, put on your aprons and spend some quality time together.



Mystery Bag ★

Collect a few different household items for your child to explore. Just ensure that the items you put in the bag are age appropriate e.g. safe to put in the mouth. Depending on your child's age and stage they may prefer to put their hand in the bag without looking, and have a feel around to see if they can guess what the item is that they are feeling.

Shadow Play ★

Whether you're standing in the sun or in a dark room with a torch, shadows can be fascinating to young children! Shadows can be explored in lots of different ways, we can draw around our own shadows with chalk in the garden or even around our toy's shadows on a nice sunny day. Then when the evening arrives, we can make our own shadow puppets by shining a torch against a wall and making different shapes with our hands. There are lots of tutorials on YouTube that demonstrate the different animals and objects that can be made.

Painting ★★★

There are so many ways to paint rather than with the traditional craft paint and brush. We can use food, toys, items from the recycling bin and brushes of different sizes. Painting on different surfaces can also make the activity a lot more fun for example paint on the floor, on a big roll of paper or even the garden wall. Making edible paint is a great way to engage your child if they like to explore things with their mouth, without the worry of them ingesting harmful chemicals.