

Sensory play activities to support your child's sensory needs

For some of our child at Springwell school learn through sensory play Sensory play includes activities that stimulate children's senses such as sight, sound, smell, taste or touch. By providing sensory play children will learn more about the world around them in a natural way, through their senses this can contribute to children's development and learning.

Sensory play can also develop children's gross and fine motor skills by through moulding, scooping, splashing and shaping objects. In return will support their independence skill such as dressing and writing skills.

As a supportive adult you can use verbal communication to describe and question the materials on offer, such as 'what does it feel like? Soft, cold, wet.' This will support their communication in all areas and understanding skills.

Sensory experiences can also be calming for our children and help them with emotions, anxieties or frustrations. They can also support and release energy when children need to be active. And most of all it's about sharing attention, playing and having FUN.

Dry sensory

Pasta: Pasta is a simple way or exploring sensory play and learning, you can have pasta wet or dry. You can measure out the pasta and do lots of activities around capacity and measurements, you can support fine motor skills with threading certain types of pasta or even hiding letters, numbers or objects inside for the children to find. It can also support role play skills such as cooking and eating.



Flour: Flour is a resource we love to use at Springwell to use for our sensory learning. You can use it make flour castles, mixing, mark making, sprinkling, tipping and pouring. You could also use flour for maths learning and for cooking such as weighing out ingredients and making containers empty and full.



Porridge oats/Cereal: Porridge oats and cereal can be brilliant to use for story telling such as making porridge for the three bears, experimenting with tastes and adding different flavours into the porridge. It's a good opportunity for story telling and role play.



Rice, Lentils and dry beans: These materials are great for scooping and/or spooning to transport into bowls as well as using tongs by pinching the materials will develop your child's fine/gross motor skills which will encourage writing skills. You could also make a variety of different sensory bottles using these materials separately and/or mixing them together, which supports Phase 1 Phonics: listening and attention by exploring quiet/loud and making different sounds by shaking and banging the bottles.



Wet sensory

Shaving foam: We love using shaving foam at Springwell with the children, it is a lovely way to share a sensory session and have fun. You can also use shaving foam to practice writing some words or to mark make, if your child doesn't like to touch it you can use paint brushes or cars. You can also use the shaving foam to hide objects inside or build structures using blocks.



Cornflour and water: Cornflour and water is a brilliant experiment and great sensory, when both mixtures are combined it creates a wet gloopy texture and when touched feels hard. You will need double the amount of cornflour to water (2 cups of cornflour to 1 cup of water) You can also add in food colouring or flavouring. In addition, you can also try and add in conditioner as this makes a dough like texture, same as the water you will need double the cornflour to conditioner.



Crazy soap: You can get this at Tesco or other supermarkets, it's a great way to support washing hands at the same time exploring it in a sensory way. The foam has structure so can be moulded.



Ice cubes: This activity you can place items in the ice cube trays or make flavoured water to turn into ice. Children can explore the process of putting the items and making the ice cubes before freezing and then exploring them when they are frozen.

