



Science/STEM Sensory Pack

Ice Tray Art



What to use:

Ice Tray

Water

Pom-Poms

Paint

Paint Brush

Instructions:

Firstly take your ice tray and fill it halfway with water. Pop one of your pom-poms into the separate ice tray squares. Fill the rest of your squares with water.

Secondly pop your ice tray carefully into the freezer and leave to set. Once your ice is ready place into a big bowl or anything to hold the ice that you don't mind having paint poured into.

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It is optional to pour some paint over your ice and taking your paint brush paint the ice. If your child feels comfortable to pick up the ice with the paint on do so, if not leave pieces of ice without paint that they can feel.

Once the ice has melted you can give your child things to grip the pompoms and empty filter into ice tray squares.

Ice is a great way for children to explore different senses, it opens so many doors and learning opportunities with imaginative play, language exploration, pre-writing skills, co-ordination, and it is a great way to improve social skills, these are just a few of the amazing ways sensory play is so vital to a child's development.



Fizzy Pumpkins



What to use:

Baking Soda

Orange Food Colouring

Water

Vinegar

Bowl

Washing up Liquid

Green Pipe Cleaner

Instructions:

One thing I wanted to mention before following these instructions I cannot stress enough to go easy with the water the tiniest bit at a time. The first time I did the task I put too much water in and it went creamy, the consistency still needs to have a crumbly look to it, to be able to mould the pumpkin balls.

Firstly pour all of your baking soda into a bowl and add three drops to begin with of orange food colouring and stir, keep adding one drop at a time of



colouring until you are happy with the colour.

Then add one little drop of water and stir I would suggest adding around three small drops of water, remember only small bits of water.

Take a handful and create a round ball to create the pumpkin shape, repeat this as many times you can depending on how big or small you want your pumpkins, I made two medium size pumpkins. Push a thumb print and add a spider or creature then hide them inside. Place these either in a clean bowl or the same you used to make them.

Cut your green pipe cleaner and twist into a vine shape and push into the top of the pumpkin. Leave somewhere dry to set for 24 hours.

Now for the fun part, using a baking tray/plate whichever you prefer line with a drizzle washing up liquid and place your pumpkins on top. Now take your vinegar and pour little bits at a time onto your pumpkins and enjoy watching them fizzing! Find your little hidden spiders/creatures inside.



Fun Hair Gel Bags



What to use:

Hair Gel

Sandwich Bag

Two Leaves

Tape

Instructions:

Firstly, take whatever item you would like to add to your bag, I used leaves then add it to the bottom of the sandwich bag, take your hair gel and open your sandwich bag fully, making sure you empty the full pot of hair gel to the bottom of the bag, avoid getting the hair gel outside of the bag as it makes it very fiddly and sticky. Then add your second leaf to the bag.

Make sure the seal lock is sealed and then using tape stick to either a window or on any flat surface to let your little ones enjoy pushing around leaf.

I did an autumn theme for my bag, but you can use anything.

This task is lovely and simple but super effective, it is great for working those fine motor skills.



Emotion Stress Balls



What to use:

Balloon

Stickers

Permanent Marker

Putty

Instructions:

The first step is to take your balloon. Filling the putty inside the balloon is very tricky but worth it, when I did the task I held the balloon as far open as I could stretching it out, making sure I leave the bottom of the balloon out to tie at the end. Once filling your balloon really push the putty to the bottom of the balloon keeping away from the top (it is fiddly) once all of your putty is in, slowly work your hands up to the top and tie the balloon as normal.

You got through the hard part, now add your emotion face you can do this using a permanent marker or if you have stickers it will work too.

This task is super simple but so amazing for strength regulation and fine motor skills, it's something your child can keep on them to help to regulate any anxiety.

The putty will act as a perfect mould for your child to be able to push and



squeeze, I have used these many times with children I have worked with, it is amazing way for them to have something discreet to help regulate their feelings, and work as a great calming & concentration tool.

My nephew is also autistic the minute I made the emotion ball he wanted to play with it, he sat calmly for a lengthy amount of time squeezing it.



Galaxy Jar



What to use:

Jar

Warm Water

Food Colouring

Thinner Glitter

Thicker Glitter

Glue

Instructions:

Firstly take your jar and fill it half way with warm water, next pour a 3rd of clear glue into the jar, leaving a little to secure lid at the end.

Add one droplet of food colouring into your jar and stir.

The exciting part, first add your thinner glitter in the longer tube, then pour half of your pot of thicker glitter into your jar. Save the other half to add to your ice, if you want to, if not use the whole tub.

Fill the rest of your jar with warm water and stir.

Lastly, using the last bit of glue run a thinner layer around the inner rim and



secure onto the jar, to secure the lid
furthermore add cello tape, just to make sure when your little ones shake the
jar the lid is completely secure.

The jar works as a perfect calming tool to help your child concentrate it's
also a lovely little experiment for them to do.