



## Sensory & Activity Pack

### Cereal Sensory Tray



#### **What you need:**

Cereal

Large Container

Wooden Spoon

Objects to go within the container:

Feathers

Toys

Pom Poms

Anything you have at home

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LOTTERY FUNDED



Bags of Help



## **Instructions:**

This task is really simple but also really effective and it is easy to set up.

Firstly taking your container fill with different cereals this will create some great textures. You can then add your items to your sensory tray, you can go along with a theme for example autumnal or you can add simple household items like cotton wool, spoons and buttons.

Let your child explore the tray, using a wooden spoon and crunching the cereal can create great sounds and can also stimulate conversation and

questions such as:

What does that sound like?

If you're going for an autumn theme the crunching could sound like the crunching of leaves. It's a great task for imaginative play and exploration play.



## Jelly Tray



### **What you need:**

Jelly

Small toys or buttons

### **Instructions:**

This is a great finding task, make jelly how you normally would, before you put it in the fridge to set, add small toys or buttons. Then leave your jelly to set and once it is ready add it to a large container and let the fun begin your child can explore the tray finding hidden objects along the way. If you wanted to you could create a list of objects you're going to include and then they can tick the items off as they find them.



## **Frozen Planet**



### **What you need:**

Shaving Foam

Blue Food Colouring

Small arctic animals

### **Instructions:**

Firstly spray shaving foam into a large container, add in food colouring if you have it, if not a little bit of blue paint can work but make sure you stir it.

Pop your little animals into the shaving foam and then put container into the freezer and leave to set.



Once your shaving foam has set it is ready to become your very own frozen planet. The foam will turn into a crumbling snow like texture and is a great, fun sensory task.



## Spaghetti Sensory Fun



### What you need:

Spaghetti

Food Colouring (optional)

### Instructions:

This is another fun sensory task. All of the sensory tasks above are so amazing for exploring & imaginative play. Simply cook spaghetti, once the spaghetti is cooked leave to cool for a little but not long enough to become sticky, add a little oil and if you do have food colouring you can then add that to add the extra little bit of fun.

Add in some of your child's favourite little toys or different fun textured objects, sequins, buttons, cotton wool, small world toys and whatever other exciting objects you want to add.



## Sensory Gel Bag



### What you need:

Sandwich Bags

Hair Gel

Petals/Dried Leaves

Or

Buttons

### Instructions:

Firstly take your sandwich bag and add one of the items you want to include within your sensory bag, taking your hair gel empty the full tube/tub into the bottom of the sandwich bag making sure the gel does not touch the seal or outside of the bag (this just makes it tricky to seal)

Add your little extra objects.



Using sticky tape stick to a window  
or somewhere your child can squeeze and touch the sensory bag if  
possible on a window so natural light can shine through.

Sensory tasks are so amazing for child development and massively help  
with physical development, imagination play, exploration play, fine motor  
skills, pincer grip, concentration and confidence.