

# Sensory Fun Friday!

## Homemade Moon Sand

### What you need:

- Play sand
- Water
- Cornflour
- Food Colouring



### What to do:

Mix the play sand and cornflour together. Add water until you have the consistency you want. A rough guide to quantities is: 5 cups play sand; 3 cups cornflour; 1-2 cups water. Add food colouring and play!

## Sensory Play Squishies

### What you need:

- Zip lock bags
- Paint/leaves/feathers
- Beans/shaving foam/custard/pulses
- Hair gel



### What to do:

Add your choice of items in the bag. Fasten and tape to a window or on a piece of paper on a flat surface. Let your child squash and feel the different textures.

## Spaghetti Art

### What you need:

- Cooked spaghetti, cooled
- Liquid glue
- Poster paint
- Bowl, spoon and safety scissors
- Wax paper and coloured paper/card



### What to do:

Mix 1 tablespoon of glue with 1 tablespoon of paint in a bowl. Add 1 cup of cooked spaghetti and stir until covered. Take out spaghetti a piece at a time and arrange a design on the wax paper. Once dry (may take a few days) you can mount your design on coloured paper/card.

## Oatmeal Playdough

### What you need:

- 1 part flour
- 1 part cold water
- 2 parts oatmeal



### What to do:

Mix all the ingredients into a bowl until smooth. Take out and knead together.

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## Microwave Salt Dough

### What you need:

- 4 cups of flour
- 1 cup of salt
- 1 1/2 cups of hot water
- Shape cutters
- Ribbon, glitter, beads, paint



### What to do:

Mix the flour, water and salt to make dough and then roll this out. Use the shape cutters to make the shapes. Cut a small circle at the top for threading ribbon. Place shapes on a microwave plate and cook in microwave for 1 to 4 minutes increasing by 1 minute increments. Let them cool and then decorate!

You can even hang them up... they would be great for Christmas tree decorations!



## Gloop

### What you need:

- 2 cups of cornflour
- Water
- Food colouring– try mixing colours together.



### What to do:

Add water to the cornflour until it becomes semi firm. You will now be able to mould this in your hands but when you stop moulding this will become runny. Beware, it gets messy!

## Funny Faces

### What you need:

- Dry food– pasta, rice, pulses etc.
- Outdoor collections– leaves, conkers, flowers, twigs etc.
- Round the house items– cut up sponges, lolly sticks, ribbon, straws, glitter etc.
- Paper
- Glue Stick



### What to do:

Make funny faces with the items you have collected.

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## Oobleck

### What you need:

- Water
- Cornflour
- Food colouring (optional)



### What to do:

Mix 1 part water with 1.5 parts cornflour. Add more cornflour if you would like firmer Oobleck. Mix for approximately 10 minutes.

Mix in food colouring should you desire.

Add into a plastic container and play... try gently lowering your hand into the Oobleck and lift it out without bringing all the Oobleck with you!

*Oobleck is a non-Newtonian fluid: It acts like a liquid when being poured, but like a solid when force is put on it. You can grab it and then it will ooze out of your hands.*

## Exploding Art

### What you need:

- Large piece of paper
- Zip lock sandwich bags
- Baking soda
- Cup and tablespoon
- Toilet paper
- Craft paint
- White vinegar



### What to do:

Spread a large sheet of paper on the ground/ scoop one tablespoon of baking soda into the centre of a square of toilet paper, fold into a bundle and place in one corner of the sandwich bag. Mix a 1/3/ cup of vinegar with one tablespoon of paint and pour into the opposite corner of the bag. Seal the sandwich bag quickly, with a little air inside, and mix by shaking slightly and set down on the paper.

**\*Stand back! the bag will inflate and burst!\***

You now have your piece of art! Try using different colours of paint on the same piece of paper.

## Snow

### What you need:

- Laundry flakes
- 2 cups warm water
- Mixer
- Food colouring (optional)



### What to do:

Add the water and the flakes into a bowl and beat with a whisk until fluffy. Mould into shapes and leave to dry.

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## Potato Stamps

### What you need:

- Potato
- Paper
- Paint

### What to do:

Wash the potato and cut in half. Draw a shape and cut round this. Press the potato stamp into the paint and then press into paper.



## Water Play

### What you need:

- Water
- Food colouring
- Variety of plastic bottles, containers, funnels, sieves, jugs etc.

### What to do:

Water experiments!



## Ping Painting

### What you need:

- Strong frame i.e. shoe box
- Elastic bands to cover frame— try various widths for different effects
- Paint
- Paper which will fit inside the frame
- Brushes

### What to do:

Place paper at the bottom of the frame. Stretch elastic bands over frame. Paint the elastic bands over the top of the frame. Ping the bands back which will release the paint onto the paper.



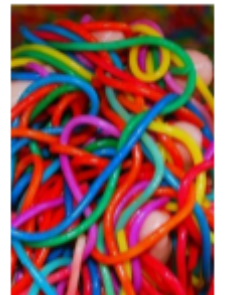
## Spaghetti Play

### What you need:

- Spaghetti
- Food colouring

### What to do:

Cook up some spaghetti and then add some food colouring. Put the spaghetti into a bowl and allow to cool and then let your child play!



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## Puffy Paint

### What you need:

- Self-raising flour
- Salt
- Food colouring
- Water
- Thick paper or card
- paintbrush



### What to do:

Mix one tablespoon of self-raising flour with one tablespoon of salt. Add food colouring and some water to make a gloop. Paint the mixture onto the card. Microwave for 10-30 seconds and the mixture will rise. Once cooled down, the mixture will harden.

## Natural Food Colouring/Dye

### What you need:

- A variety of coloured fruit and veg

### What to do:

Cut the fruit and veg into small pieces, using a cooking pot for each colour. Cover with water, bring to the boil and simmer for approximately an hour. Drain off the fluid, discard the fruit/veg and allow to cool.

### Examples for colours are:

Red cabbage = purple dye

spinach or green pepper = green dye

Tumeric = yellow dye

Red pepper = red dye



## Jelly Paint

### What you need:

- 1/2 cup of natural food dye in any colour
- 1 heaped tablespoon of cornflour

### What to do:

Add the cornflour to a cooking pot and add the dye until it forms a smooth paste, then add more dye until it makes a milky liquid. Stir this constantly over a high heat until it starts to thicken. Turn off the heat and continue to stir until this becomes a thick clear jelly textured paint. Allow to cool and ass to a small plastic pot. Use clean paintbrushes. This is not harmful if swallowed.



## Yo-Yo Splat Painting

### What you need:

- Balloons filled with water
- Elastic bands
- Paint
- Large pieces of paper

### What to do:

Tie the elastic bands to balloons filled with water. Dip the bottom of the balloon in paint and 'boing' onto the paper!



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## Absorbing Artwork

### What you need:

- Thick black card/paper
- School glue (liquid glue)
- Salt
- Food colouring
- A small dropper (can be obtained from chemists)
- water



### What to do:

Using the liquid glue, design a picture on the black card. It works better if you can make the design without stopping the glue flow.

Cover the design with salt. Tap away the excess.

Mix water with food colouring in empty yoghurt pots. This is your paint.

Put the paint into the dropper and drop over your design. The salt will absorb the water and spread into your design.

Allow to dry.

## Marble Painting

### What you need:

- Marbles in various sizes
- Deep baking tray
- Paint in small saucers/bowls
- Paper



### What to do:

Place the paper in the tray. Drop the marbles in the paint. Place the marble on paper and roll it about. See what patterns you can make. Parental supervision recommended!

## Playdough Squishies

### What you need:

- Playdough
- Felt Pens
- Balloons



### What to do:

Add playdough into the balloons, tie and draw a face.

## Bread paint

### What you need:

- Clear plastic cups
- 1-2 cans of condensed milk
- Food colouring
- Dark coloured paper



### What to do:

Mix 1 tablespoon of milk with 4 drops of food colouring. Dip your paintbrush into the mixture and paint a picture on your bread. Ideal for birthday breakfasts etc. you can also toast the bread as the colour will stay on.

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## Papier Mache

### What you need:

- Cold water
- Flour (one part flour to one part water)
- Strips of newspaper, about 1 inch/3 cm wide or bigger if you prefer

### What to do:

Mix the flour in a large bowl (2 cups of each is a good amount to start with) until it makes a smooth paste. Dip in the newspaper strips, one at a time, remove excess paste with your fingers and lay the coated newspaper on the item to be covered. Smooth out the wrinkles and continue to place coated newspaper over the surface until completely covered. When the surface has totally dried, paint your own design using acrylic or poster paint.

### Things you could make:

**Face-** put papier mache over a blown up balloon. Add wool or pom poms/ cotton wool balls for hair.

**Animals and characters-** using empty plastic cartons or bottles as your base. To add features such as eyes and legs, attach cut out egg cartons and cardboard tubes to the body using masking tape and pipe cleaners for antennas.

**Messy Play-** if you don't want to make anything, this will be a fun texture to explore and play with. Try watching the newspaper change as it soaks up the liquid, squeezing it out and listening to the sounds it makes. Stick on some old clothes and enjoy making a mess!



## Bubbles

### What you need:

- ½ cup of washing up liquid (watered down versions do not work as well)
- ¾ cups of cold water
- 5 drops of glycerine



### What to do:

Mix together to make bubbles!



## Bubble Art

### What you need:

- Bubble mixture (as above)
- Paint or powder paint
- Straw
- Thin paper

### What to do:

Add paint to the bubble mixture, blow through a straw and once you have a bubble, gently cover with thin paper and you will have a bubble painting.