

Sensory Play

Setting up sensory and messy play activities for your child at home can be achieved using everyday items and taste safe ingredients.



Cooked Coloured Spaghetti

Spaghetti, oil, food colouring

Cook pasta as per packet instructions. Drain pasta from water and place into a metal bowl. Spray lightly with oil and add a couple of drops of food colouring. Mix to coat the pasta in colour. Place onto a tray to cool and dry.



Moon Sand

Plain flour and cooking oil.

Mix the oil into flour with a wooden spoon

2 cups flour to 1/4 cup oil



Obleck Mud

Corn flour, cocoa and water.

Mix the cocoa and flour and add water until to get desired consistency







Chick Pea Foam

Can of chickpeas, food colouring

Drain the liquid from can of chickpeas into a mixing bowl,
add a couple of drops of food colouring. Mix with electric
mixer until foam forms



Chia Seeds Slime

Chia seeds, water, food colouring, cornflour
Mix chia seeds with coloured water and set aside to allow
chia seeds to expand. Stir through cornflour for a thicker
consistency.



Jelly Ocean

Packet of jelly, plastic animals

Make jelly as per packet instructions and pour into a

container. Add plastic animals and place into fridge to set.



Cheerio Sand

Box of Cheerios (or cereal of choice)
Crushed cereal with food processor to desired consistency.



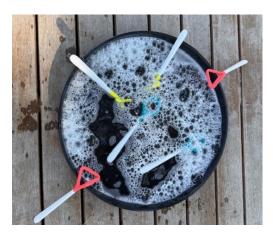


Fizz it up

Bicarb Soda, Vinegar, Food Colouring

Add some bi carb to a bowl, add vinegar with food colouring
to a squeezy bottle. Squirt vinegar into the bi carb to make it

fizz



Bubbles

Water, dishwashing liquid Mix some dishwashing liquid in some water.



Squeezy Sponges

Water, sponges
Cut up some sponges into strips and add to a container of water.



Citrus Water

Lemons/Oranges/Limes, Water
Cut up your citrus of choice into slices and add to a container of water.



