



# 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 ¼ 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 squeeze bottle. Squirt vinegar into the bi carb to make it fizz



## Bubbles

Water, dishwashing liquid

Mix some dishwashing liquid in some water.



## Squeezezy 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.