SENSORY FRIENDLY ACTIVITIES

Sensory friendly activities that you can create with your child

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Art Activities
Sensory bags

Items needed:
- Ziplock bags
- Shaving cream
- Paint

Directions
Put shaving cream and your choice of paint into a plastic bag. Seal it shut so no paint can escape the bag. Let the kids mix up the shaving cream or create letters on the bag.
Puffy Paint

Items needed:
- Shaving cream
- Food coloring
- Glue
- Cup
- Paint brush

Directions:
Add shaving cream, glue, and food coloring into a cup and mix it together. Kids can then paint on their construction paper using the puffy paint.
Sponge Painting

Items needed:
- Cotton balls
- Clothes pins
- Paint
- Paint holder

Directions:
Put paint into the paint holders. Attached cotton balls to the clothes pins. The kids can then dip the cotton balls into paint, and create a picture on their paper.
Sensory Activities
Edible Birthday Cake playdough

Items needed:
White frosting
Corn starch
Water
Sprinkles

Directions:
The ratio of this recipe is 3 to 1: 3 part corn starch and 1 part frosting. Combine a cup of corn starch and a little water together, and mixed until the water is diluted. Add frosting to the mixture and add cornstarch little by little until mixture form into dough.
Moon Sand

Items needed:
- Flour
- Baby oil
- Large bowl
- Mixing spoon

Directions:
Add 2 cups of cornstarch and \( \frac{1}{4} \) cup of baby oil into a your bowl and mix together until it form into sand. Kids then can play with the sand.
Sensory Balls

Items needed:
- Balloons
- Rice or flour
- Markers
- Goggly eyes

Direction:
Put rice or flour into the balloons. Tie the balloons when full. The kids can decorate their sensory balls using markers, glue, and goggly eyes.
Bubble foam

Items needed:
Tear free bubble bath soap
Water
Food coloring

Directions:
Put 2 part water and 1 part bubble bath soap into a bowl. Then add a little food coloring in the mixture before mixing the ingredients to make bubble foam.
Move Our Bodies!
Beach ball Toss

Items needed
Beach ball
Cardboard paper
Markers
Color construction paper

Directions:
On the cardboard paper write movement activities and divided them into color categories that match the beach ball. Have the activities covered by the color construction paper (that match the color category) with numbers written on them. The kids roll/toss to each other, and whoever catches the ball will have to choose a number on the color category their hand lands on.
Tic Tac Toss

Items needed:
Color tape
Bean bags

Directions:
Use the color tape to make a big tic tac toe sign on the ground. Use the bean bags to represent the x’s and the o’s. Kids will toss the bean bags onto the ground to win the game.
Match That Sign!

Items needed:
Cardboard box
Paint/Markers

Directions:
Open up the card board box, and use a big strip of the card board to make an obstacle course. Paint or use markers to create hand and feet onto the board. Kids will follow the obstacle course using their bodies to match the sign drawn onto the obstacle course.
Follow The Line!

Items needed:
Color tape

Directions:
Use the tape to create an obstacle course on the ground. Kids will be able to follow the obstacle course utilizing their gross motor skills and have fun.
Have fun with creating hands on activities with your child that are sensory friendly. These activities will help build your child’s flexibility, fine & gross motor skills while having fun in the comfort of your home.