

Sensory Bags

Sensory bags are an interesting tactile activity for children who are reluctant to get their hands messy but are keen to explore. Just make sure that if they are children that like to put things in their mouth you keep very close watch!

Materials

- Freezer plastic bags
- Duct tape
- Hair gel
- Baby oil
- Small items such as alphabet beads, sequins, googly eyes etc.
- Paint

Once you have put the items you want below into your freezer bag, squeeze the air out and then seal the bag with duct tape.

Oil and Water bags

Add a few tablespoons of water and baby oil to your freezer bag with a few drops of food colouring of your choice. The oil and water do not mix which looks and feels fab.

Discovery bags

Fill the bag with rice, flour or another simple ingredient and add tiny trinkets. You can add items such as alphabet beads, seasonal craft items, themed items or small numbers or letters.

Mess-Free Finger Painting

Fill the bag with a few drops of two different colours of paint. Tape the bag to the table on top of a white piece of paper and let your child go to town painting with no mess or fuss.

Sensory Processing 101 - Dayna Abraham, Claire Heffron, Pamela Braley and Lauren Dronjak