

# Sensory Play Ideas for Home

Sensory play can be a wonderful way to engage our students, and these are some of the most popular sensory activities. Sensory input allows the students to explore different materials, engage in the materials and change part of the SESE curriculum and develop their reinforcer repertoire, and leisure skills.

## 1. Edible No-Bake Play-Dough

### You need:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- few drops glycerine

### Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!\*
- If it remains a little sticky then add a touch more flour until just right

### Rainbow Rice

- uncooked rice
  - water (1 teaspoon)
  - food coloring of choice (1-2 drops mixed with the water)
- Mix together, and allow to dry before sharing with your child.

Popular household items for dry sensory play: pasta, rice crispies, lentils, chickpeas, rice, porridge oats, water, shaving foam (sensitive if possible and be aware that they may want to taste it), flour, cornflour (cornflour and water can also be used to make gloop).

Sand, bubble wrap and paper for tearing (magazines, newspapers etc.- this builds their fine motor skills) are also popular!

