Sensory Play

Sensory play is important as it helps to stimulate, regulate and deregulate our sensory responses which can impact on our ability to focus and remain calm.

- Ice play – freeze objects in ice cubes. Talk about how you are going to get the object out, Explore the ice using hands, feet, other body parts, what does it feel like. Investigate how water turns to ice and then to water again. Use tools to chip away at the ice.
- Sensory rice – colour dried rice with food colouring. Children can then do filling, emptying, running hands through rice, playing with toys in the rice. You can also add scents such as cinnamon, rosemary, lavender to the rice for a different experience. Talk about what you are doing with the rice – tipping, pouring, filling, emptying.
- Sensory bottles – use plastic drink bottles and create the following; liquid bottle with water (options to add to the water, baby oil, food colouring, glitter, hair gel, cooking oil, buttons, beads,) and dry bottle (containing rice, pasta, sand, buttons, beads, feathers, ribbon). What happens when you shake the bottles, turn them upside down, what noises can you hear? What colours can you see?
- Sensory bags – bags which can be sealed. Inside the bags you can have paint, gel, feathers, ribbon, fabric, sand, shaving foam, glitter, pom poms (anything which does not have a sharp edge). Ensure bag is sealed, if necessary, tape around the edges too. Children can then explore the contents of the bag without getting messy. You can also hang bags in the window and see what happens. Further ideas can be found at Sensory bags
- Sensory Bins lots of great ideas for sensory play.
- Bubbles lots of great ideas for bubble play.
- Sensory play for younger children although this is aimed at young children, it can still be good fun for children of any age.
- Sensory play ideas great ideas for sensory play.