

10 sensory activities to do at home

Sensory activities offer children a wide variety of experiences different from doing school work and having screen time. Helping children to engage with their senses can be grounding for them during times of high anxiety and stress. Sensory activities are also fun ways to spend time together as a family.

Egg decoration

Egg decoration is not just an Easter activity. Empty and wash an eggshell or get some plastic or wax eggs to get started. Here are some ideas for egg decoration:

- ✦ Paint your eggs with seasonal themes
- ✦ Mix a tub of water and glue with glitter and roll your egg in
- ✦ Create eggs that resemble each member of your family and display them together
- ✦ Older children can use carving tools to design sculptures with wax eggs



spy bottle/ sandtray

Fill a bottle or a sandtray with salt, rice or other grains and add small toys that relate to certain themes. If your child is young, it is best to do this in a bottle and secure the lid with tape for safety reasons. Here are some ideas of what to fill your bottles and sandtrays with:

- ✦ Shells, stones and a blob of sun cream for a beach theme
- ✦ Miniature animals for a jungle theme
- ✦ Objects that represent nursery rhymes (e.g. a star for Twinkle Twinkle, a spider for Incy Wincy Spider etc.)
- ✦ Letter tiles (ask your child to come up with as many words as they can with the letters they see)

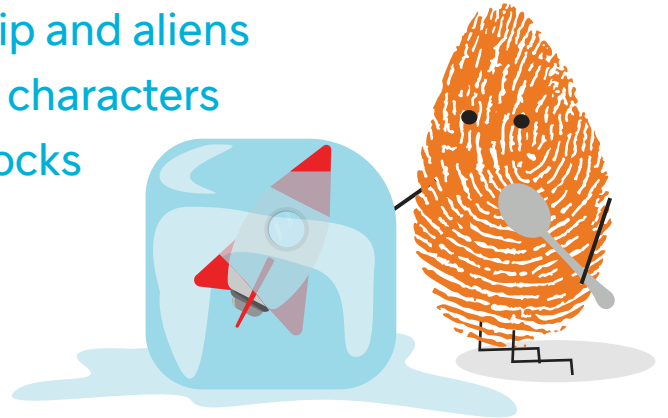
Excavating frozen toys

Put some small toys in a tray of water and put it in the freezer. When it's frozen, give your child some tools, such as spoons and hand warming pouches, to release their toys. Again, you can have themes in your 'excavation'. Here are some ideas:

- ✦ Space theme: planets, stars, spaceship and aliens
- ✦ Disney theme: disney princesses and characters
- ✦ Prehistoric theme: dinosaurs, ferns, rocks

Homemade instruments

Making musical instruments is another activity that children enjoy. It can be as simple as putting beans and pulses in a bottle or putting rubber bands around an old tissue box. Older children can also make a rainstick. Your family can then decorate the instruments together before putting together a performance as a band!



Homemade slime or playdough

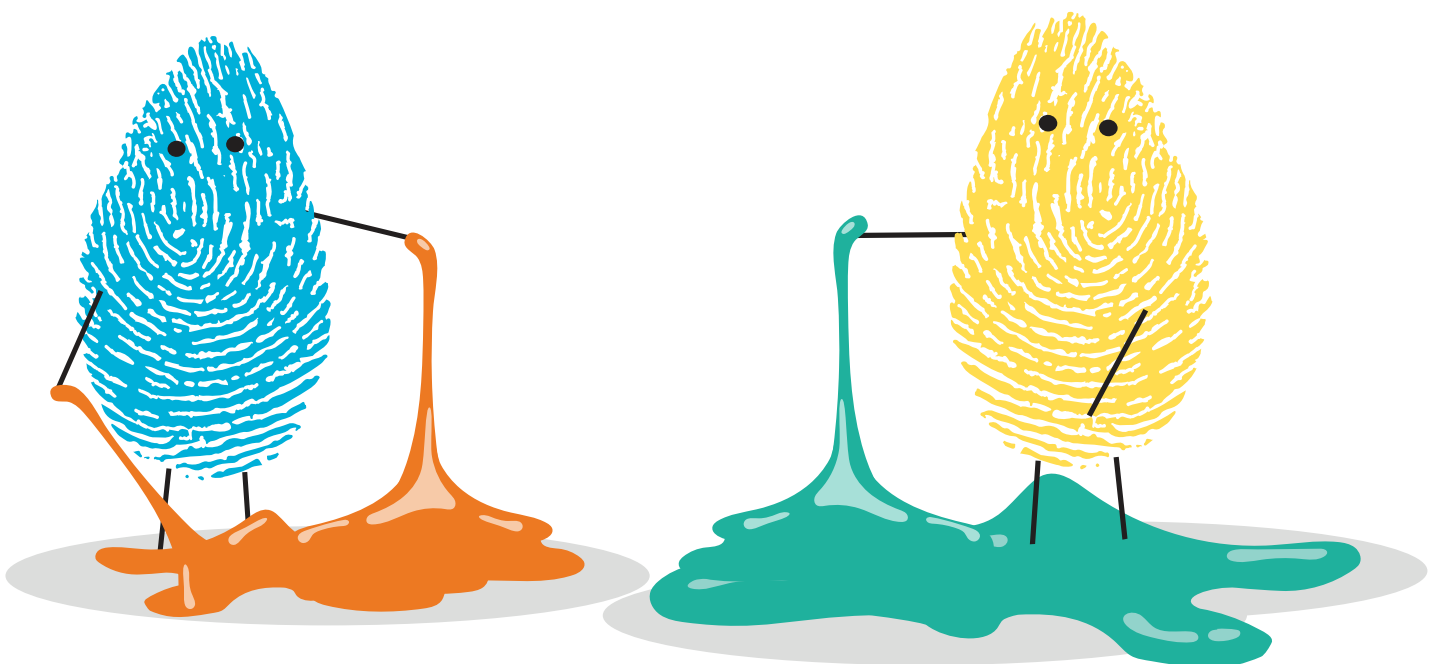
Playdough allows children (and adults) to be creative with shapes, but the process of making playdough can also be fun too. Older children may want to experiment with their own recipes, but here is a simple recipe for edible slime/ playdough you can follow.

Ingredients:

- ✦ 200g marshmallow
- ✦ 2 tbsp coconut oil
- ✦ ½ cup cornflour + extra for dusting
- ✦ A drop of food colouring of your choice (option)
- ✦ A drop of food flavouring of your choice (option)

Steps:

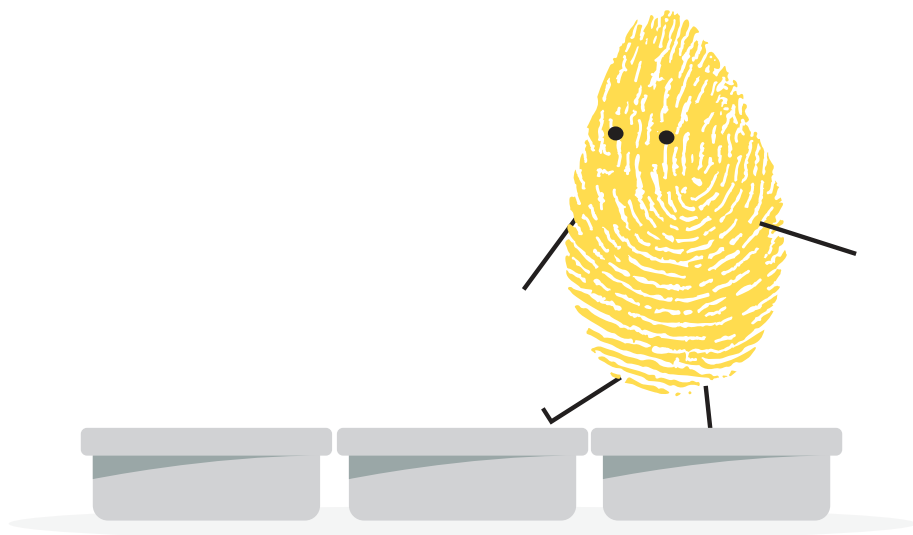
- ✦ Microwave the marshmallow and coconut oil in 20 seconds bursts
- ✦ Add cornflour, food colouring and food flavouring when the mixture is still hot
- ✦ Knead the dough/ slim on a clean table dusted with cornflour
- ✦ Add more cornflour if you want to turn the slime into playdough



Sensory walk

Sensory walk is a lovely way for children to experience a wide range of sensations indoors. All you need are some plastic tubs big enough for your child to step into and some materials with textures. Here are some ideas to fill your tubs with:

- ✦ Pom poms
- ✦ Shredded paper
- ✦ Rice
- ✦ Dry leaves
- ✦ Smooth rocks
- ✦ Bubble wraps
- ✦ Play dough
- ✦ Shaving foam
- ✦ Water



Tip: To avoid a messy floor afterwards, place the dry materials at the front of the walk and the wet ones towards the end. Always end with a tub of water so your child comes out with clean feet!

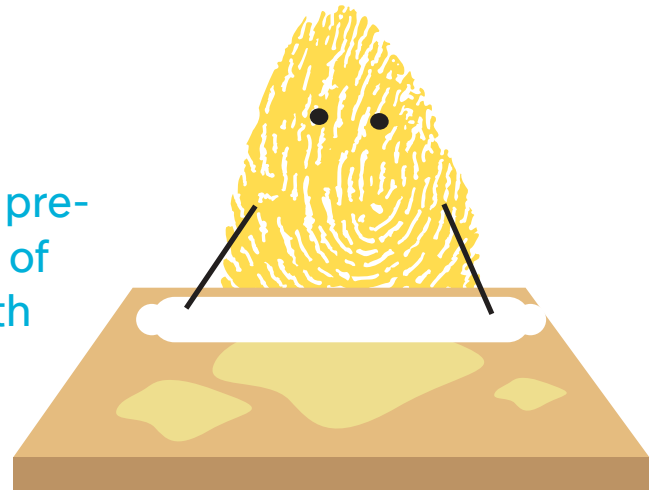
Take turn being the family photographer

Ask your child to direct a family photoshoot. They get to decide what you wear, how you should pose and design the background. Not only is this a fun experience for the family, you will most likely also have some hilarious family photos to keep afterwards!



Baking

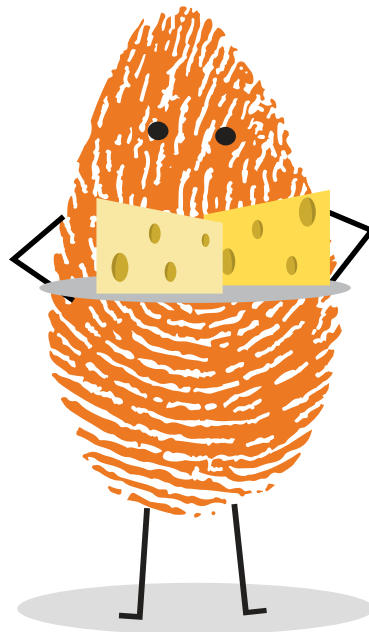
Baking is an activity that everybody in the family can enjoy. Little ones can help with preparing the dough and enjoy the sensation of kneading while older children can help with designing and decorating.



Host a family taste test

The rules are simple. Have a range of finger food ready. Blindfold each contestant as you give them a spoonful of food for them to taste. The contestants need to guess what food it is. Keep a tally. The contestant with the most points wins! Here are some ideas on what food to use in the test:

- ✦ Dried fruit
- ✦ Mashed sweet potato
- ✦ Chocolate
- ✦ Fizzy bottles
- ✦ Avocado
- ✦ Cheese
- ✦ Bread
- ✦ Crisps
- ✦ Ice cream



Host a family taste test

Beading can be a calming and regulating experience for children. It requires focused attention and can redirect children from feeling anxious. Again, it's suitable for children and adults of all ages. You can create something as simple as a bracelet or as advanced as a beaded fabric.