

Nature Freeze

What You Need

- ◆ Water
- ◆ Small containers or ice-cube trays
- ◆ Fresh flowers or leaves
- ◆ Freezer



How to Make

1. Add water to ice-cube trays or containers and add fresh flowers/petals/leaves.
2. Place in the freezer and once set, pop them out of the trays into a larger tray or bowl, ready for play.

Ideas for Play

- Encourage your child to explore the frozen blocks. What do they notice?
- They could use warm water in pipets or small spoons to pour onto the ice and watch it melt.

Coloured Water

What You Need

- ◆ Water
- ◆ Plastic bottles or containers
- ◆ Food colouring or paint
- ◆ Glitter and washing up liquid (optional)
- ◆ Large tray/cups/bowls

How to Make

1. Fill up the bottles or containers so they are $\frac{3}{4}$ full and add colour to each one.
2. Add glitter for sparkles! Shake to mix.

Ideas for Play

- Add whisks, funnels and pouring instruments into the tray and encourage children to explore colour mixing.
- Add washing up liquid for bubbles!

Balloon Squeeze

What You Need

- ◆ 1 cup of flour
- ◆ $\frac{1}{2}$ cup of hair conditioner (or just use play dough)
- ◆ Balloons



How to Make

1. Mix the conditioner and flour together.
2. Break into small parts and push inside the balloons (whilst deflated).
3. Fill as much as feels adequate then tie.

Ideas for Play

- The balloons can be used for releasing stress and tension by squeezing.
- Discussions around emotions and what helps children and adults reduce stress could take place.
- Read books around emotions whilst playing with them, offering an opportunity for emotional literacy.
- You could make them in different colours, stack them or roll them to make flat.

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Ideas for Sensory Play

Adoption

Psychology

Service

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Introduction

Sensory play engages children (and adults!) in promoting interest in activities, being in the moment, engaging in conversation, following instructions and using their imagination. Sensory play can be helpful in supporting regulation and is an opportunity to explore enhancing opportunities for developmental moments that for some children may have been missed.

Sensory Play includes any activity that stimulates your child's senses – touch, smell, taste, movement, balance, sight and hearing.

Sensory activities facilitate exploration and encourage children to play, create, investigate and explore!

Cloud Dough

What You Need

- ◆ 1 cup of vegetable oil
- ◆ 6 cups of flour
- ◆ 4-5 tablespoons of powder paint (optional)



How to Make

1. Add the ingredients together until they form a soft and crumbly texture.
2. Add powder paint for some colour!

Ideas for Play

- It feels like soft sand!
- Use a large plastic tray and add in a theme of your choice such as glass beads, shells and small toys.
- Use buckets, spades and moulds to make sandcastles and shapes. Letters and number shapes can be used to make imprints and spell out words.

Rainbow Rice & Fragrance Rice

What You Need

- ◆ 1 large bag of rice
- ◆ Freezer bags, zip bags or bowls
- ◆ Trays



How to Make

1. Split the rice into your bags or bowls (as many as you like for different colours).
2. Squirt paint into each bag and seal.
3. Mix until the rice is covered and pour it into the trays to dry thoroughly.
4. Rice can be stored in air tight containers and will last.

Ideas for Play

- Use as part of play with toys such as in the back of tipper trucks or play kitchen pots and pans.
- You can choose themes of play including use of small play animals.

- Hide objects in the rainbow rice and guess what it is by touch. You could even play hide and seek with the objects or introduce pairing games.
- Use cups, scoops and tubes for filling, emptying and pouring activities.

For fragrance rice, add in fresh lavender, rosemary, mint leaves and lemon zest (use the paint to colour the rice associated to scent) and use in small figure play, pouring and filling from cups and pots, or even add twigs, pine cones and leaves to form a treasure hunt.

Paper Nests

What You Need

- ◆ Paper
- ◆ Empty cardboard box
- ◆ Scissors or a shredder



How to Make

1. Use paper ready for recycling and shred either by machine or using scissors.
2. Fill up an empty box with the paper.

Ideas for Play

- Depending on the size of the box (and child!), you could use the box as a nest with them sat inside to play and read.
- Hide toys inside to play hide and seek, play counting or play matching games.