



Sensory Mats

Homemade, individual sensory mats.

You will need:

- Card
- Glue or double sided tape
- Rough, smooth, soft, smooth, hard, bumpy material - whatever is possible to get your hands on.

Steps:

1. Cut card into desired size and shape.
2. Glue or tape on material onto each square.

You could also find a sturdy box and have a different texture on each side.



No Glue Slime

Slime recipe without any glue in it.

You will need:

- Cornflour
- Washing up liquid/dish soap
- Bowl and spoon
- Food colouring and glitter (optional)

Steps:

1. Put 1.5 tablespoons of washing up liquid into a bowl.
2. Stir in food colouring or glitter, if wanted.
3. Add 2 tablespoons of cornflour and mix.
4. Knead for a few seconds by hand.



Once finished, keep stored in a sealed tub.

sensory bottles



Sensory Bottles

You can make a water based or dry based sensory bottle, adding whatever you prefer, the choice is yours.

You will need:

- Bottle - clear
- Water
- Your choice of colours/glitter/sequins/pompoms/beads/pasta/feathers/paper - anything you want.
- Tape
- Food colouring (optional)
- Squirt of soap/washing up liquid/shampoo - This will help slow down glitter in your bottles.

Steps:

1. Ensure the bottle is clean and remove label if there is one.
2. Fill your bottle with your chosen objects.
3. Fill with water slowly if you choose to. Don't forget to add a squirt of soap/washing liquid or shampoo if you've chosen to add glitter.
4. Screw the lid back on tight and put tape around the lid to ensure it doesn't come off.

Sensory Bags

You can make a sensory bag using any items, with hair gel or any clear gel you have, paint or use coloured water and baby oil.

You will need:

- Clear bag - preferably ones with a seal grip to close.
- Hair gel or any clear gel/paint/water and baby oil.
- Your choice of contents, e.g beads, small toys, glitter etc.
- Tape
- Food colouring (optional)

Steps for gel bag:

1. Ensure bag is clean and has no holes.
2. Fill your bag with your chosen objects and gel.
3. Seal the bag and tape all of the edges to help stop any leaks.

Paint:

- Use any colour paint you want. Apply same steps as above.

Baby oil and water:

- Follow same steps as above. Colour the water with food colouring
- Slowly add into bag, ensuring not to overfill.





Cloud Dough

Create your own cloud dough with this simple recipe.

You will need:

- Flour
- Vegetable oil
- Bowl and spoon
- Oil based food colouring (optional)

Steps:

1. Ratio 1 cup of oil to 8 cups of flour.
2. Put the flour and oil into a bowl and mix, adding food colouring if you want.

Once you have finished playing, you can store the cloud dough in a sealed container or keep it dry in a bowl.



Playdough

Simple recipe to make playdough

You will need:

- 2 cups of plain flour
- 2 tablespoons of vegetable oil
- Half a cup of salt
- 1 cup of hot water
- 2 tablespoons of cream of tartar
- food colouring and scents/smells (optional)

Steps:

1. Mix the flour, salt, cream of tartar and oil in a bowl.
2. Add food colouring and scents to the hot water, before slowly mixing into the bowl.
3. Once mixed, knead dough together for a couple of minutes.

If still sticky, add some more flour.

To store, place in a sealed bag or tub to keep fresh.





Paper Plate Crafts

Different ways you can decorate a paper plate.

You will need:

- Paper plates
- Paint and brushes (optional)
- Coloured paper
- Leaves
- Scissors
- Glitter (optional)
- Glue
- Pens



Steps to make the leaf owl:

1. Cut 2 lots of 3 different triangle sizes out from brown paper for the ears, wings and feet.
2. Cut 1 triangle out of orange paper for the beak.
3. Cut out 2 eyes from black and white paper.
4. Stick leaves onto the paper plate as the body. Then assemble and stick on the rest of the features.

There are many different animals you can create.
The choice is yours.



Paper Plate Snake

You will need:

- Scissors
- Paper plate
- Paint
- Bubble wrap
- Eyes
- Pink paper
- Glue

Steps:

1. Use the bubble wrap and green paint to make prints on the paper plate.
2. Let the paint dry, then cut the paper plate into a spiral shape.
3. Add eyes and a tongue from the pink paper to make the head of the snake.



Coloured Oats

You will need:

- Oats
- Food colouring
- Water
- Kitchen roll/paper towel
- Bowl



Steps:

1. In a bowl, mix 1.5 tablespoons of water with a few drops of food colouring.
2. Mix the oats together until they are all coated.
3. Once coated, put the oats onto a paper towel/kitchen roll, spread evenly and allow to dry for an hour.



Ice Paints

You will need:

- Cups or a muffin/cake tray
- Paint
- Water
- Lollipop sticks (optional)

Steps:

1. Fill muffin trays or cups with paint.
2. Add water and stir together.
3. Add lollipop sticks, ensuring they stand up.
4. Put in the freezer for approx 6 hours.
5. Once frozen, pull out of the tray/cups on the sticks or tip out. Then use to paint on paper.





Marshmallow Slime

Edible slime using marshmallows.

You will need:

- 150g mini marshmallows
- 80-90g cornflour
- 50g icing sugar
- 50g vegetable oil
- 1 teaspoon vanilla extract
- food colouring (optional)
- Bowl and a spoon

Steps:

1. Melt the marshmallows in a heatproof bowl in the microwave for 30 - 50 seconds until melted, stirring after 30 seconds.
2. Stir in the oil and vanilla, mixing well.
3. Add the cornflour and stir.
4. Add the icing sugar, stir then knead. If still sticky, add a bit more cornflour.

Store in a sealed tub.