



**Sensory friendly activities that
you can create with your child**



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Art Activities



Sensory bags



Items needed:
Ziplock bags
Shaving cream
Paint



Directions

Put shaving cream and your choice of paint into a plastic bag. Sealed it shut so no paint can escape the bag. Let the kids mixed up the shaving cream or create letters on the bag.

Puffy Paint



Items needed:
Shaving cream
Food coloring
Glue
Cup
Paint brush



Directions:

Add shaving cream, glue, and food coloring into a cup and mix it together. Kids can then paint on their construction paper using the puffy paint.



Sponge Painting



Items needed:

Cotton balls

Clothes pins

Paint

Paint holder

Directions:

Put paint into the paint holders. Attached cotton balls to the clothes pins. The kids can then dip the cotton balls into paint, and create a picture on their paper.



Sensory Activities



Edible Birthday Cake playdough



Items needed:

White frosting

Corn starch

Water

Sprinkles

Directions:

The ratio of this recipe is 3 to 1: 3 part corn starch and 1 part frosting. Combine a cup of corn starch and a little water together, and mixed until the water is diluted. Add frosting to the mixture and add cornstarch little by little until mixture form into dough.

Moon Sand



Items needed:

Flour

Baby oil

Large bowl

Mixing spoon



Directions:

Add 2 cups of cornstarch and $\frac{1}{4}$ cup of baby oil into a your bowl and mix together until it form into sand. Kids then can play with the sand.



Sensory Balls



Items needed:

Balloons

Rice or flour

Markers

Goggly eyes

Direction:

Put rice or flour into the balloons. Tie the balloons when full. The kids can decorate their sensory balls using markers, glue, and goggly eyes.



Bubble foam



Items needed:

Tear free bubble bath soap

Water

Food coloring

Directions:

Put 2 part water and 1 part bubble bath soap into a bowl. Then add a little food coloring in the mixture before mixing the ingredients to make bubble foam.





Move Our Bodies!





Beach ball Toss



Items needed

Beach ball


Cardboard paper

Markers

Color construction paper

Directions:

On the cardboard paper write movement activities and divided them into color categories that match the beach ball. Have the activities covered by the color construction paper (that match the color category) with numbers written on them. The kids roll/toss to each other, and whoever catches the ball will have to choose a number on the color category their hand lands on.



Tic Tac Toss

Items needed:
Color tape
Bean bags



Directions:

Use the color tape to make a big tic tac toe sign on the ground. Use the bean bags to represent the x's and the o's. Kids will toss the bean bags onto the ground to win the game.



Match That Sign !



Items needed:
Cardboard box
Paint/Markers



Directions:

Open up the cardboard box, and use a big strip of the cardboard to make an obstacle course. Paint or use markers to create hand and feet onto the board. Kids will follow the obstacle course using their bodies to match the sign drawn onto the obstacle course.

Follow The Line!

Items needed:
Color tape



Directions:

Use the tape to create and obstacle course on the ground. Kids will be able to follow the obstacle course utilizing their gross motor skills and have fun.





Have fun with creating hands on activities with your child that are sensory friendly. These activities will help build your child's flexibility, fine & gross motor skills while having fun in the comfort of your home

