These are some items for sensory activities. If you place items in a large tray, tub etc. and add smaller utensils (cups, sieve, funnel, fork, spoon etc.). Then freely explore, moving items from different sized cups, pots or containers.

Sensory Activities

- Shredded paper
- Rice
- Dried pasta, peas or lentils (individual or together)
- Sawdust/hay
- Cereal
- Coloured salt
- Foam beads
- Leaves, flowers, grass and twigs

Messy Play

- Finger painting
- Ice
- Water beads
- Cooked oats
- Cooked Spaghetti/pasta
- Soap and water (get Emily to rub soap into a lather)
- Slime
- Mud pies
- Jelly
- Cornflour (add water)
- Flour cloud dough (add vegetable oil to form a crumbly texture)
- Flour
- Snow (cornflour and shaving foam)

You can add colour to items and also play thing like mini figures, animals, different materials etc