



## Recipes/ideas for experiences to do with your child at home

### SQUISH BAGS

| Ingredients:   | Method:   |
|--|---|
| <ul style="list-style-type: none"> <li>• Plastic seal bags</li> <li>• Sticky tape</li> <li>• Hair gel</li> <li>• Food colouring</li> <li>• Glitter</li> <li>• Beads</li> </ul> | <ol style="list-style-type: none"> <li>1. Spoon hair gel into plastic bag.</li> <li>2. Add small squirt of food colouring (or leave clear).</li> <li>3. Add beads and glitter.</li> <li>4. Seal bag, ensuring air is taken out.</li> <li>5. Add sticky tape as extra seal for bag.</li> <li>6. You can also tape the bag to a hard surface, such as a piece of cardboard, or the wall, etc. and can put clear contact over the top for extra strength.</li> </ol> |

### FIND THE ANIMAL JAR

| Ingredients:   | Method:  |
|--|--|
| <ul style="list-style-type: none"> <li>• Plastic jar</li> <li>• Sticky tape</li> <li>• Rice</li> <li>• Plastic animals (or whatever you like)</li> <li>• Glitter (optional)</li> </ul> | <ol style="list-style-type: none"> <li>1. Put plastic animals in the jar.</li> <li>2. Fill up with rice (leave about 5 cm empty).</li> <li>3. Add glitter if you like.</li> <li>4. Tape the lid shut.</li> </ol> |

### ELASTIC BAND BOTTLE

| Ingredients:  | Method:  |
|---|--|
| <ul style="list-style-type: none"> <li>• Plastic bottle</li> <li>• Elastic bands</li> <li>• Sticky tape</li> <li>• Water</li> <li>• Squirt of hair gel or baby oil</li> </ul> | <ol style="list-style-type: none"> <li>1. Put elastic bands in plastic bottle.</li> <li>2. Squirt in hair gel or baby oil.</li> <li>3. Add water.</li> <li>4. Seal bottle with glue or sticky tape.</li> </ol> |





## BALLOON SENSORY TOYS

| Ingredients:   | Method:  |
|--|--|
| <ul style="list-style-type: none"> <li>• Balloons</li> <li>• Funnel</li> <li>• Beads</li> <li>• Flour</li> <li>• Sand</li> <li>• Rice</li> </ul> | <ol style="list-style-type: none"> <li>1. For each of the balloons, select one different filling.</li> <li>2. Use the funnel to fill each balloon.</li> <li>3. Tie the balloon off, ensuring the air is removed from the balloon.</li> <li>4. CAUTION – if children put things in their mouths, this may not be the best resource for them!</li> </ol> |

## RAIN STICK

| Ingredients:  | Method:  |
|---|--|
| <ul style="list-style-type: none"> <li>• Cardboard tube</li> <li>• Rice or small beads</li> <li>• Sticky tape</li> <li>• Toothpicks (optional)</li> </ul> | <ol style="list-style-type: none"> <li>1. Tape one end of the cardboard tube so it is closed off.</li> <li>2. If you would like to put toothpicks across the tube, it will slow rice/beads down.</li> <li>3. Fill <math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> full with rice or beads.</li> <li>4. Cover other end of the cardboard tube.</li> <li>5. Decorate as desired</li> </ol> |

## OCEAN BOTTLE

| Ingredients:   | Method:   |
|--|---|
| <ul style="list-style-type: none"> <li>• Plastic bottle</li> <li>• Sushi fish</li> <li>• Water</li> <li>• Food colouring</li> <li>• Stones</li> <li>• Glitter</li> <li>• Oil</li> <li>• Sticky tape</li> </ul> | <ol style="list-style-type: none"> <li>1. Fill bottle <math>\frac{1}{2}</math> - <math>\frac{3}{4}</math> full of water</li> <li>2. Squirt some oil into the water</li> <li>3. Add small amount of blue food colouring if desired</li> <li>4. Fill sushi fish up with bright coloured water (you can use fluorescent paint if you like so they glow in the dark)</li> <li>5. Add sushi fish, stones or glitter as desired to the bottle of water</li> <li>6. Seal the lid.</li> </ol> |



## OTHER SENSORY IDEAS

<https://www.diyncrafts.com/15322/home/parenting/30-diy-sensory-toys-and-games-to-stimulate-your-childs-creative-growth>

### Freeze water beads inside balloons



These are made by using the crystal water beads you can put in a planter. These are placed inside a balloon

### Glowing ice and oil



Get an ice tray and mix up some glow in the dark paint and florescent paint with hot water. Pour it in and let it set. Once it is frozen, you will have glowing ice. You then fill a pan with oil and float the ice in it. As the ice melts, beads of glowing water will break off and float around inside.

### Guess the scent



The original activity just involves putting scented items in little sachets attached to cardboard trips and then labelling them appropriately.

### Play, "What's in the Balloon?"



Remember the "What's in the Bag?" activity from before? Another fun variation is "What's in the Balloon?" Get some items from around the household like coffee beans or cottonballs and fill up some balloons. Hand them to your child and see if he can guess from touch, sound and smell what is inside each balloon. This activity works really well for tactile exploration because it is easy to feel through rubber.

### Gel bag aquarium



Fill a ziploc with blue hair gel. Add foam fish shapes inside the bag or fish stickers to the outside of the bag. Secure zipper (maybe even with some extra tape to keep it from accidentally opening.

<https://doitandhow.com/2018/12/18/gel-bag-aquarium-tactile-fun/>

### Sensory bottles



Sensory bottles are a visual and physical tool for calming and relaxing the body. A child can use a sensory bottle when they feel anxious, overwhelmed, "wound-up", or overstimulated and use the sense of proprioception as they shake the sensory bottle and watch the contents shift. This visual cue is a great calming strategy.

<https://www.theottobox.com/2015/02/how-to-make-sensory-bottle.html>