ACTIVITIES FOR SENSORY PLAY

Finger Painting: Get out your favorite paper and paint colors and paint with your fingers!

Slime: Mix 3 tbsp of saline contact solution, 1 tsp baking soda, 8 oz. of liquid glue, and food coloring to make some slippery slime. Add a drop of essential oil to give it a fun scent!

Play-Doh: Create animals, shapes, or food. You can even write your name with it.

Coin Rubbing: Cover coins with a sheet of paper and rub over them with a crayon to create a cool pattern!

Stress Ball: Fill balloons with cornstarch, rice, or flour and tie shut to create your own stress ball.

Shaving Cream: Cover your table with plastic wrap and use your fingers to play in shaving cream.

Sand Paper Art: Draw with crayons on sand paper for a funky design.

Glitter Bottle: Mix water, glue, glitter, and food coloring in a bottle to personalize a calming glitter bottle.