

See, Touch and Feel Book

Sensory play ideas for parent/Carers and practitioners



Index Page

	Page Number
Cloud Dough	3
Gloop	4
Ice	5 and 6
Junk Modelling	7
Mud	8 and 9

Cloud Dough

To make the dough:

- 1 cup baby oil
- 8 cups flour

Simply add the baby oil to 8 cups of flour in a big bowl and stir well.

Hints:

- Add some grated coloured chalk or powder paint to the mixture.
- Experiment adding liquid food colouring... what happens?
- Set out some bowls, scoops and moulds for the children to explore.
- Introduce small world toys to play with.



Encourage your child to explore the cloud dough using their hands, natural resources, bowls and scoops etc. Try an experiment by adding liquid food colouring. You will discover that mixing the liquid food colouring into the cloud dough will not create a bright colour... instead the children will end up with colourful hands!

Words to use: squeeze, shape, snow, pinch, soft, feel, light, sticky, white, fluffy

Please supervise your children to make sure they don't put it in their mouths.

Links to the Early Years Foundation Stage (EYFS):

Physical Development, Expressive Art and Design, Communication and Language, Personal, Social and Emotional Development and Mathematics.

Characteristics of Effective Learning (tick appropriate description)

Playing and exploring – engagement

- * Finding out and exploring ✓
- * Playing with what they know
- * Being willing to 'have a go' ✓

Active Learning – motivation

- * Being involved and concentrating ✓
- * Keeping trying
- * Enjoying achieving what they set out to do

Creating and thinking critically

- * Having their own ideas ✓
- * Making links ✓
- * Choosing ways to do things ✓

Gloop

What you will need:

- A large bowl
- Two big spoons
- 2 cups of cornflour
- 1 cup of water
- Food colouring (optional)
- Apron or clothes you don't mind getting messy
- Newspaper to protect the floor if playing inside.



What to do:

1. Place the cornflour into a large container and add a few drops of colouring into the centre (colouring is optional).
2. Mix the water into the cornflour and colouring (it will take some time to mix together). Encourage your child to play with the gloop before it is mixed. Gloop is a fascinating, curious substance that feels like both a liquid and a solid - ask your child questions like... What does it feel like?

Words to use: squeeze, shape, stir, mix, solid, liquid, pour, melt, mould, hold, collapse, drip, roll

Please supervise your children to make sure they don't put it in their mouths.

Hints:

- Try adding a few drops of food colouring to the mixture
- Offer resources to extend play e.g. teaspoons, yoghurt pots, small world toys

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Ice

Before you do these activities, freeze your ice a day in advance so you don't have to spend hours waiting to play with these fun projects.

Freezing small world toys:

- You will need to place a toy inside one balloon and fill with water. Once filled, tie a knot in the balloon and place in the freezer.
- Once frozen allow your child to explore the frozen 'egg'. Listen and respond by letting your child take the lead on how to retrieve the toys. Ask questions, such as "what has happened?", "What can you do to get the toys out of the ice?"....



Ice Building:

- You will need multiple ice cube trays of any size. These will be used as building blocks.
- Allow your child to explore and make their own building designs. They may prefer to make large single buildings or create elaborate designs with walls, a roof, and several neighboring houses. The purpose of this Science, Technology, Engineering and Mathematics (STEM) challenge is to allow children to come up with their own individual designs.

Hints:

- Use different shaped ice cube trays or silicone muffin cups to stimulate interest.
- Make different coloured cubes with food colouring.
- Add different resources to freeze, for example grass, leaves, lavender, magnets etc.

Words to use: Cold, hard, frozen, icy, water, freeze, melting, slippery, liquid, solid

Be aware of any potential choking hazards when hiding objects in ice.

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Junk Modelling

Children love designing and making their own models – the act of offering recycled materials to construct with gives children the freedom to build whatever they want with the simple addition of tape (masking tape is easier for the children to use), string and glue.

Start by collecting cardboard boxes, tubes, yoghurt pots, corks, lids, lolly sticks etc.

Exploring ways of attaching by providing:

- Children's safety scissors
- Sellotape, masking tape, double sided tape
- Glue sticks
- PVA glue and spreaders
- String
- Paint



Hints:

- Let your child be the one to decide what they are making and what resources they need.
- STEM - Using different types of recycled objects enables children to learn about basic properties of everyday materials through a hands-on approach. They are learning by doing – ask questions “Can you cut it?”, “is it strong?” these questions offer experience with manipulating and understanding materials.

Words to use: make, model, cut, attach, shape, stick, together, tape, fit, connect, big, small, join, glue

Please supervise your child with scissors and be aware of any choking hazards.

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'Mud'

This open-ended nature of mud play provides opportunities for children to form ideas, problem solve, be creative and most importantly, have fun!

How to make play 'mud':

- 2 tablespoons cocoa powder
- 2 cups flour
- 2 cups water
- Simply mix all ingredients together in a big tray and stir well - the children can now play with the play mud

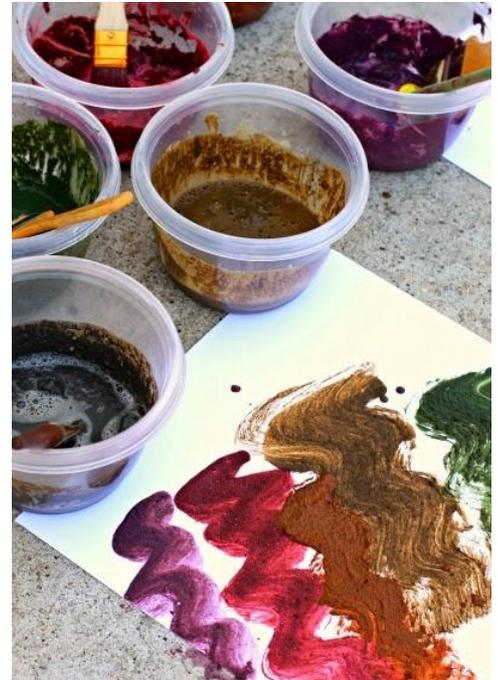
How to make *real* mud paint:

- Collect some soil from the garden and water
- Food colouring or powdered paint
- Paint brushes
- Add a large scoop of soil to each container and sprinkle the choice of colour over the top. Then add a small amount of water and stir. Add more water if needed. Once the mud paint is mixed up you can begin to paint!

Hints:

- Try adding small world toys, bowls, spoons etc. to extend play.
- Experiment using lots of different colours and different sized paintbrushes.
- Have a go at painting with natural resources (a stick, pinecone etc).
- Set up a mud kitchen in your garden or nearby park.
- Celebrate International Mud Day on 29/6/2021 by planting some seeds.

Words to use: sticky, dark, thick, soil, mud, brown, splat, wet, dry, colour, nature



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