

DIY Sensory Bottle/Bag!

SENSORY

ACTIVITY

Sensory activities can be very messy, but with a sensory bag or bottle, your child can explore sensory elements in a contained environment!



What you need:

Paint – put paint into a ziplock bag, tape the top and encourage your child to squish up the paint. You can also add in a second colour to create a colour mixing experience.

Oil, water and food colouring

Rice and water

Pom poms and water

Water, oil and glitter

Shaving cream and food colouring

Food colouring and water

What to do:

- + Simply combine different materials in a zip lock bag or a clear bottle and tape the top to avoid leaks!
- + This activity is extremely versatile so get creative and experiment with different things!

Language you can use!

- + Use words to describe the look and feel of the sensory bags e.g. “This bag of shaving cream is squishy!” or “Look at the shiny glitter!”

What your child is learning from the Early Years Learning Framework (EYLF)

- + Outcome 4.1: Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination and reflexivity