

Sensory Bags

Materials

small plastic zipper-closure bags
 sensory materials (such as sand, shaving cream, and dirt)
 colored plastic chips or buttons
 masking tape

What to do

1. Partially fill each plastic bag with a different sensory material and hide a plastic chip or button in each bag.
2. Close the bags and reinforce the bag closure with masking tape.
3. Invite the children to squish the bags to discover the chip or button.
4. The children will have fun shaking, squeezing, and rolling the bags to discover the hidden item.

 Sandy Scott, Vancouver, WA

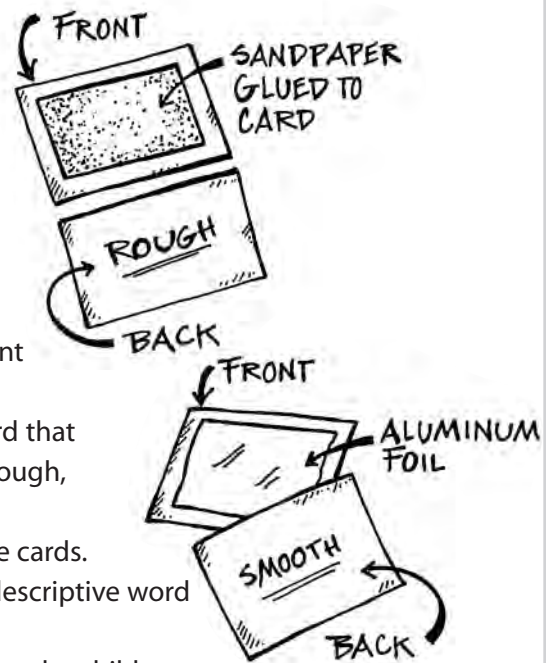
Sensory Cards

Materials

heavy poster board
 scissors
 sandpaper
 fabric with varying textures
 glue
 markers

What to do

1. Cut poster board into cards.
2. Make sensory cards by gluing different textures on each card.
3. On the back of each card, write a word that describes how it feels to the touch (rough, smooth, bumpy, soft, and so on).
4. Let the children take turns feeling the cards. Encourage them to write their own descriptive word or tell you or a friend.
5. If desired, extend the activity by asking the children to find an object in the room that feels similar to the card they felt.



 Vicki Whitehead, Satsuma, AL

Sensory Table Playdough

Materials

sensory table
4 cups flour
1 cup salt
1 $\frac{3}{4}$ cups warm water
small containers with lids
large empty bowl

What to do

1. Make playdough with the children using the sensory table.
2. Put 4 cups of flour in a large container, 1 cup of salt in a container, and 1 $\frac{3}{4}$ cups warm water in a container. Place the containers and a large empty bowl in the sensory table.
3. Encourage the children to look at the ingredients. Don't give them any instructions on how to make the playdough. Simply say, "Here's what you need to make playdough."
4. Give the children a few minutes. Watch and see what they do. They may dig in and start mixing the ingredients together.
5. If, after a few moments, the children don't start mixing the ingredients, offer some encouragement. Offer hints as needed. However, try not to lead the children too much. Give them ample time to figure things out on their own. Sooner or later, they will realize what needs to be done and start mixing away.
6. After the children have mixed the playdough and played with it for a while, offer containers for storage.
7. If desired, double or triple the recipe and let the children make the playdough as described. Then give each child a small zipper-closure bag to bring home some playdough.

More to do

Add a flavorful twist by letting the children add a package of unsweetened drink mix to the playdough.

Related books

Don't Touch by Suzy Kline
Josefina by Jeanette Winter

 Virginia Jean Herrod, Columbia, SC