



Early Years Inclusion Team

Sensory play ideas from the pantry:

1. Coloured bread crumbs
2. Dry pasta! Add scoops and cups for lots of play!
3. Make an indoor sandbox with pantry items, like oatmeal!
4. Corn meal is also a great substitute for sand when you're stuck indoors.
5. Rice crispies for sensory play, they crunch!
6. Hot cocoa mix and marshmallows.
7. Flour alone is a great sensory activity.
8. A bowl of uncooked Cream of Wheat for kids to play in.
9. Set out big marshmallows for kids to explore.



More sensory play ideas from the kitchen:

1. Jelly is a sweet sensory play idea
2. Cooked noodles
3. Make coconut dough.
4. Fresh fruit, balls of melons make a refreshing sensory tub.
5. Explore fruit in fruit in bowls.
6. Dig frozen veggies out of the freezer! A chilly sensory bin!
7. Coloured cooked spaghetti! Slimy Fun!
8. Ice! So simple, yet ice is so fun for kids to play with, its gets slippery and hard to hold on to!

SENSORY PLAY

For Babies, Toddlers & Preschoolers



Creative edible sensory play ideas:

1. Try a fruit paint!
2. baby food works great for an edible finger paint!
3. make this gelatine based homemade finger paint recipe.
4. The Imagination Tree has a corn starch based finger paint recipe that looks a little thicker to try
5. Yogurt also works for finger painting.
6. Make some pudding for painting too..
7. for added sensory to paint. Use spaghetti 'brooms' as paintbrushes



Take sensory into play, and keep them edible:



1. Set snacks out to put in a bottle to make a baby rattle! Young kids will love to hear it shake! Plus, its added fine motor.
2. Set up a food exploring station to see all they can explore!
3. Freeze berries in some water and have the kids 'excavate' them out!
4. Make a peanut butter play dough, so easy!
5. Check out these frozen smoothies for sensory play How cool!
6. Decorate pancakes with baby food!