

# Sensory Play



## Benefits of sensory play

Sensory play encourages children to learn through different textures and materials. It develops their confidence to try new things and communicate about what they are doing. It encourages self-directed play and independence.

## What is gloop?

'Gloop' is cornflour, water and food colouring mixed together until there are no lumps, this can be done with your child.

Have a go at making a ball in your hands and see what happens! When your finished playing, just wash everything up with warm soapy water.



## What can I do?

Prepare the area you are going to use with a tablecloth/shower curtain/old towel. An apron for you and your child might be handy.

- Different size shapes and colour ice cubes
- Gloop
- Dry pasta and measuring cups
- Uncooked rice/flour on a tray to encourage mark making
- Water with bubble bath in
- Sand/soil with spoons/buckets and spades
- Shaving foam on a tray
- Mixing paint with brushes or hands
- Making and playing with playdough/slime

