**Top 10 Sensory Play Activities & Ideas**

**Making and Painting Homemade Salt Dough**

Simply combine salt, flour and water to create beautiful [Salt Dough](https://senresourcesblog.com/2018/02/12/valentines-day-kids-sensory-craft-salt-dough-hearts/) sculptures. Then get those Cutters and [Rollers](https://www.earlyyearsresources.co.uk/art-craft-c338/3d-materials-c353/wooden-dough-tool-set-p10399) out to perfect your shapes – and add [Glitter](https://www.earlyyearsresources.co.uk/art-craft-c338/collage-c354/sequins-glitter-c1470/6-x-250g-glitter-shaker-assortment-p9941) for an extra sparkle! Finally, pop your creations in the oven and once they are hardened, let the little ones paint them.

**Play Dough**

Cutting, squishing, rolling, and kneading. [Soft Dough](https://www.earlyyearsresources.co.uk/art-craft-c338/3d-materials-c353/very-soft-dough-bright-colours-p10831) is perfect for stimulating sense of touch – toddlers will enjoy hours of soft dough fun!

**Kinetic Sand**

Mould, squeeze and build. [Kinetic Sand](https://www.earlyyearsresources.co.uk/search/kinetic-sand) flows through the fingers just like real sand – it’s that squeezable sand that you just can’t put down!

**Shadow Puppets**

Create spectacular [Shadow Puppets](https://www.earlyyearsresources.co.uk/art-craft-c338/craft-activities-c1467/fairy-tale-shadow-puppets-p53538) and let the little ones explore light and shade. Perfect for storytelling!

**Water Play**

Pouring, scooping, splashing and bubbles! [Water Play](https://www.earlyyearsresources.co.uk/sand-water-c4/water-play-c394) is an exciting sensory play activity, where children become absorbed with the ripples of the water – try out a variety of water play games!

**Porridge Oats Construction**

Empty a box of porridge oats, or other cereals, into a [Tuff Tray](https://www.earlyyearsresources.co.uk/tuff-trays-and-accessories-t94). Then add [Toy Diggers & Trucks](https://www.earlyyearsresources.co.uk/imaginative-play-c13/miniature-world-transport-c14/plastic-dumpy-vehicles-set-p52054) for scooping, driving, digging and burying! Create wonderful porridge oats constructions – your kids will have a blast.

**Couscous Dinosaur Hunt**

Fill a large [Tub](https://www.earlyyearsresources.co.uk/sand-water-c4/tubs-and-trays-c84) with couscous and bury toy [Dinosaurs](https://www.earlyyearsresources.co.uk/art-craft-c338/craft-activities-c1467/my-dinosaur-pack-p34781) inside it. Then ‘hunt’ for your dinosaurs using brushes in an exciting [Fossil Hunt](https://senresourcesblog.com/2018/01/10/dinosaur-fossil-hunting-sensory-activity/).

**Make Pretend Snow**

Feel the snow crunch between your fingers! [Fake Snow](https://senresourcesblog.com/2018/02/06/how-to-make-pretend-snow-with-2-ingredients/) is really easy to make with flour and oil – simply mix together 8 cups of cornflour and 1 cup of vegetable oil.

**Homemade Paint Bags**

Fill zip lock bags with various coloured [Paints](https://www.earlyyearsresources.co.uk/art-craft-c338/paint-c343) and let the children enjoy squishing them and mixing the colours – without the mess!

**Mud Pies**

Rustle up some fabulous sludgy treats and enjoy the sensory experience (and mess) of sticky, gloopy and hard mud!

**Try out Georgina’s exciting sensory play ideas in your primary school, early years setting or home for a whole load of messy and imaginative fun!**