



# Sensory Play

Sensory play supports fine-motor control and helps to build those little muscles in fingers and arms for writing.

- Non Cook Play Dough Recipe

2 cups flour

2 tablespoons vegetable oil (baby oil and coconut oil work too)

1/2 cup salt

2 tablespoons cream of tartar

1 1/2 cups boiling water

Food colouring (optional)

Mix in a bowl then kneed together.

Keep in an airtight container.

- Coloured rice

Put some rice in a snap lock bag, add a few drops of food colouring and shake.

Leave to dry for an hour or so. Use this for cooking role-play, tipping and pouring or making pictures.



- Draw or write in salt, sand or flour.

Scatter on a table top or in a cooking tray if you'd like to use it

again. Children can write or draw in the ingredient. Add a bit of glitter to fancy it up a bit.

- Blow bubbles and try and catch them again.

- Water play – fill water bottles with water. Make shapes, letters or numbers as you squirt the water out.

- Salt Dough Recipe

1 cup salt

2 cups of flour

$\frac{3}{4}$  cup of water

Mix together in a bowl.

Use salt dough to make anything you like. If you bake it in the oven on a low heat for a few hours, it dries hard and can be used for play.



- Cloud Dough

Whisk together 1 cup of baby oil with 8 cups of flour.

This makes a lovely, soft texture to play with.