

Key Stage 1 Challenge!

This week's challenge is sensory based play. There are lots of ideas below and we'd love to see any ideas you have of your own!

Please, don't feel any pressure to complete *all* of these, it's just a few ideas if you think they would be fun and beneficial for your child.

Enjoy! 😊



Hair Gel Sensory Bags

You will need:

- Sandwich bags
- Coloured hair gels (or food colouring to mix with hair gels!)
- Glitter/sequins (optional)

This is a great activity to experiment with textures and colours. It's good for children who aren't keen on wet/sticky activities as their fingers stay clean! If you tape them to a window, it's lovely to see the light come through. They also provide a tactile, proprioceptive feeling for the children to push through and feel the gel moving under their fingers.



Texture Balloons

You will need:

- Balloons
- Variety of materials (flour, sand, oil, hair gel, rice etc.)

Another activity that is great for children who don't like to get messy! Each balloon will feel different as they squeeze it. Can they guess which material is in each balloon?



Colour Mixing

You will need:

- Sandwich bags
- Paint

A fun way to explore colour mixing! What colours can you create by squeezing them together?



Messy Mark Making/Writing

You will need:

- Tray
- Shaving foam, yoghurt, melted chocolate (or similar)

Practise pre-writing skills such as drawing circles, lines and crosses or practise forming the letters you have been refreshing in phonics! You could try drawing some shapes, such as triangles and squares.



Coloured foam

You will need:

- Washing up liquid and water
- Food colouring

Mix the colours and try adding in some toys! Plastic animals, building blocks/duplo, spoons, cups and bowls!



Ice Play

You will need:

- Leaves/flowers/natural forms or childrens toys to freeze in containers
- Optional food colouring

We've done this in school several times and it's a popular one! You can discuss the process of melting and explore quicker/slower ways to make it happen by pouring hot water on.



Scoop and move water play

You will need:

- 2 tubs/containers to hold water
- Items that float (baubles, ping pong balls etc.)
- Serving spoon

This a great activity for increasing attention and co-ordination. See if your child can use the spoon to move the items from one container to the other.



Farm animal washing

You will need:

- Toy animals
- Soil/mud (alternatively, for clean fun- mix cornflour, cocoa powder or hot choccy powder with water!)
- Bowl of water
- Old tooth brushes, sponges or similar

A great fine motor activity to develop muscles for writing! Plus, they love the mud! Try adding some Makaton signs in to the game 😊



Clean Mud

You will need:

- Cornflour
- Cocoa powder or hot chocolate powder
- Water (warm works best)

Mix your ingredients together to your desired mud texture- try adding some cereals for lumpy bits! Use your animals to create a muddy farm. Perhaps you could add some diggers, cars and dinosaurs!



Sensory Planting Tray

You will need:

- Vegetables (real or toy ones!)
- Soil
- Plant pots
- Trowels and planting tools

This is a great seasonal activity- try planting your own plants and vegetables! Cress is easy to grow with children as it shoots so quickly. Sunflowers are great too if you're patient!

We actually had a tray just like this out in many of the KS1 classes just before school closed 😊 We added some muddy pigs to ours!



Rainbow walking

You will need:

- Paper
- Paints
- Tray

Splodge some different coloured paints into a tray and tape some paper to a floor (it doesn't have to be 'good' paper, old newspapers work fine!). Let your child walk through the paint and across the paper. The paint will squelch between their toes!

Make sure you're on a floor that wipes clean!

See below to make your own paint!

Make your own paint:

You Will Need

- Mixing bowl
- Measuring cup
- Food colouring
- Squeeze bottles
- Flour
- Salt
- Water
- Funnel

Directions

1. In a mixing bowl, combine even parts of water, salt, and flour. I use 2 cups of water, 2 cups of salt, and 2 cups of flour to fill up our medium size paint containers (as pictured).
2. Once fully combined, funnel the mixture into paint bottles.
3. Place small drops of food colouring in each bottle.
4. Shake the bottles to mix the paint.
5. Continue adding food colouring until desired shade is achieved.
6. Paint as usual! Paint will completely dry on paper.
7. Store the paint with the lids on top.

Note: Paint will separate after sitting for a while. Simple shake the bottles up again and they will be as good as new!

Note #2: Ketchup and sauces squeezezy bottles are great for storing homemade paint!



Small world play ideas

Small world play refers to imaginative play with 'small' toys, encouraging children to use their imaginations and create both every day and fantasy worlds in familiar surroundings.

