

Sensory Bags on the window

Mess Free Painting



- Large clear plastic sealable bag
- Paints (whatever you've got)
- Sticky or masking tape

How to paint without the mess!

Simply add a few squirts of paint into a large sealable plastic bag. Ensure it's sealed well and stick the bag to the window with basic sticky tape or masking tape. Your young person will be able to use their fingers to move the paint around but without getting messy.



Sensory bags can be made by putting any objects as well as some form of gel or liquid in a sealable plastic bag. Whatever you have to hand will work- washing up liquid, shower gel, washing up liquid or hair gel, and then any objects from beads to glitter to leaves. When it is sealed up, tape it to the window or place on the table and allow it to be pressed, squeezed and manipulated. Just make sure it is sealed well!

