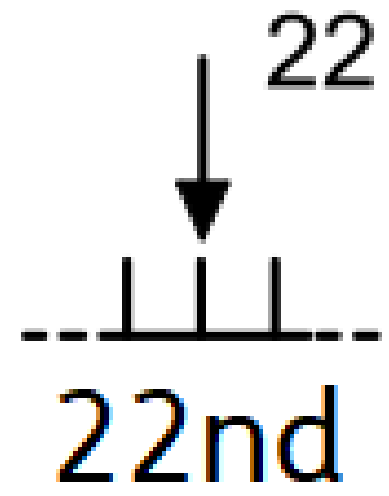


Monday



June



22nd



Sensory Activities

Fence or Wall 'Painting'

All you need:

- An outside wall or fence
- A bucket or empty ice cream/margarine tub with water in
- Large brush or sponge



Let your child dip the brush or sponge into the water and encourage them to make big sweeping movements side to side and top to bottom.

Sensory benefits: crossing the midline; gross-motor skills; hand-eye coordination; 'clean' fun for children reluctant to get messy.

Alternative: Chalk spray paint – home made washable 'paint'.

Fine motor skills

- Mix one cup of cornflour, one cup of warm water in a bowl. Fill clean empty spray bottles with the mixture and then add a few drops of gel food colouring, a different colour for each bottle. Lid on and shake well!

You could spray onto the fence or wall or onto paper and make some beautiful nature art 😊



East TN Family Fun