



It is easy to make lots of different types of sensory balls.

All the balls require the following basic equipment

Strong balloons.

Small empty drink bottle

Ball type 1: Using Sensory substances:

For each ball you will need

Strong balloons.

Sensory substances corn starch, flour, salt, rice, quinoa, gel, to fill the balloon.

Small empty drink bottle

Hers's how to do it:

- 1: Fill the bottle with your chosen sensory substances, flour, salt, rice, quinoa, gel, etc
- 2: Blow up the balloon to the size you want your ball.
- 3: Fill the balloon with the ingredients from your bottle.
- 4: Let out excess air
- 5: Tightly secure your balloon.

Ball Type 2: Using water beads:

These can be bought from places like the Range or the works and are often used for flower arranging.



- 1: Fill a bowl with the water and the beads. A tablespoon of each colour, makes approx 4 sensory balls. (The beads will start to absorb the water within 15 minutes and will be full grown within a few hours).
- 2: Pour the fully grown beads into a water bottle, then fill the bottle about halfway with water. (This will keep the beads moist when they are inside the balloon.)
- 3: Blow up the balloon about halfway. Hold the air in with one hand, and stretch the end of the balloon over the top of the water bottle with the other hand. (TIP: It helps to have another person hold the water bottle in place!)
- 4: Squeeze the water bottle to get the beads inside of the balloon.
- 5: Let some air and water out of the balloon until you are happy with the shape and size. Be sure to keep enough water inside so the beads won't dry out.

Then tie the balloon.

Squeeze the balloon and enjoy your DIY sensory ball!

Ball Type 3: Using Cornflour

1. Mix 1 cup of water with 2 cups of cornflour.
2. Stir until gloopy. You should feel resistance when stirring quickly, and no resistance when stirring slowly.
2. Pour the mixture into the water bottle.
3. Attach the opening of the balloon to the top of the water bottle. Flip over and squeeze the contents into the balloon until full.
4. Taking care not to let any air bubbles get into the balloon, take the balloon off and tie it in a knot.
5. Take another balloon and cut the end off. Wrap this over the filled balloon to cover up the knot and add more durability.

You could tie an onion net over the top.



Other types of sensory ball:

Use those odd socks that we all manage to find!!

You will need:

Old socks

Zip lock bag

Dry food items. ie: Rice, split peas. Lentils, dried peas etc

How to make the ball:

1. Find your clean sock
2. Put your chosen ingredients into the ziplock bag, making it an appropriate size to put into your sock
3. Put the bag into your sock, it should be about half full.



4. Tie elastic bands VERY TIGHTLY around them.



Use old balls and turn them into sensory balls!

You can use plastic balls, the ones for ball pools, and add different tactile materials, for example Velcro dots, foam stickers feathers etc.

Have fun playing!!

Pam

