

## **Noodletastic!**

Have back garden or bathroom fun with this watery sensory experience!

## You will need:

Pool noodles or tubing Masking or gaffer tape Cable ties Funnels, buckets, containers, jug for pouring

## What to do:

Choose a suitable flat vertical surface to attach the noodles or tubing to. Make sure the tops are easily accessible for your child <sup>(3)</sup>

Use masking/gaffer tape or cable ties to attach the noodles. Use the photos for some ideas on how to arrange them.

Sensory benefits: fine motor skills, motor planning, bi-lateral co-ordination (using both sides of the body simultaneously), crossing the midline, social-emotional skills.

Once you're done, get a jug for pouring and a bucket of water to explore the flowing water.

Alternative: use guttering or plastic bottles to make channels. You could add little boats or ducks!









