



Using Balloons for Sensory Play

- 1) Play catch.
- 2) Put them in a water tray, or paddling pool.
This gives the balloons a different tactile surface to explore – they become very slippery!



- 3) Blow air into them and release – watch where they fly. Listen to the funny sound they make as the air comes out.
- 4) Fill balloons with different materials to make textured objects to explore. This can be helpful for children who may not like to touch the actual sensory materials. Being inside the balloon creates a barrier, whilst still allowing the child to explore the tactile qualities.

How to make textured balloons:

- balloons
- popcorn seeds
- hair gel or hand sanitizer
- sand
- dry rice
- flour
- marbles
- water



1. Fill each of the balloons with one of the fillers (popcorn seeds, gel, sand, rice, flour, marbles) and tie in a knot at the top to close.
2. It can be challenging to fill the balloons. The best way is to blow the balloon up first and let the air out. If you can, seal the balloons with an elastic band rather than tying a knot, as then you can reuse them or add more air if needed.
3. Insert the end of a funnel into the top of the balloon and place the filler in the funnel. For the marbles, you'll have to slip them in the top of the balloon one at a time.

Children can explore the textured balloons with their hands, or bare feet. Try laying them out as stepping stones and encouraging the children to stand on them. (It may help to add a small amount of



air to the balloons for this activity).

- 5) Use water balloons. If you want to extend the play further, you could write a number or letter on the balloon and ask your child to “find the number _____” or “find the letter that makes the sound _____” it before throwing it.

