

Art & Sensory Play

Recipes & ideas to engage learners in sensory play

Some basics you will need; A mixing bowl and a flat tray or chopping board, wooden spoons or spatulas and paint brushes. Cookie cutters are useful too or use plastic cups.

Salt dough playdough

1 cup flour

Half cup of salt

A few drops of vegetable oil

Food colouring or paint

Optional; Spices or flavours such as vanilla or mint (Use toothpaste!) These add an extra sensory element to your dough.

Mix all the ingredients together to create a firm dough which is a fun way to exercise hands and fingers when pressing, pinching or rolling it to make shapes. The dough will keep for around a week in the fridge if wrapped in cling film.



Cornflour Sensory play

1 cup cornflour and some water

Food colour or paint

The idea is to mix the flour and water to a point where it is just runny & wet enough to mix but becomes solid again after it's touched. Many students love this sensory feeling!



Shaving foam or soap flakes textured paint

Shave foam or soap flakes

PVA glue, Paint

(available in most Poundland shops)

Mix the shaving foam, glue and paint together. The mixture can be explored with hands or applied to paper and card with brushes. It has a lovely sensory feeling and when left to dry pictures have a raised textured effect.

You can try mixing PVA with Hand Wash Soap Flakes. Mix the flakes in water and whisk first until it's foamy. Add glue and paint and explore!

