

# Ways to Promote Sensory Play and Learning whilst Home Schooling

Practise letter and number formation in chalk outside, or in a tray of shallow flour with your fingers.



With chalk mark making you can get your child to paint over the chalk with a paint brush and water to 'magic away' their writing!

Snacks can be fun and involve children using chopping, peeling and arranging fruits and other snack food. Supervise children if using a sharp knife to chop up foods.



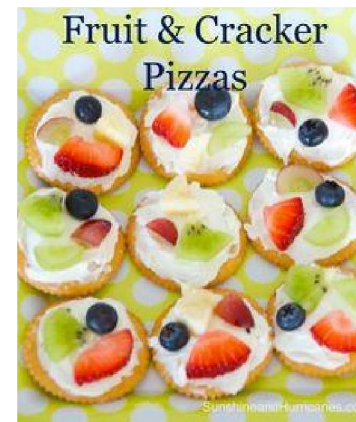
Dessert Island Fruits!



Snack Kebabs



Teddy Toast



Crab shaped apple



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**Art and Crafts** are a great way to access sensory play and exploration.

Make ice paints by adding paint or food colouring to an ice cube tray and pop in lolly sticks of any sticks found in your garden or when you get out for a daily walk



Freeze 'treasures' in an ice tray or any tub you have for your child to play with. Place the ice shapes in a bowl or tray.



Make your own play dough!

Other easy to make at home recipes are –

## **Moon Dough**

Moon Dough is really simple to make, simply mix together with your hands 2 cups of corn flour and  $\frac{1}{2}$  a cup of hair conditioner (the more scented the nicer your dough will smell!) You can also add in glitter to make the dough sparkly.

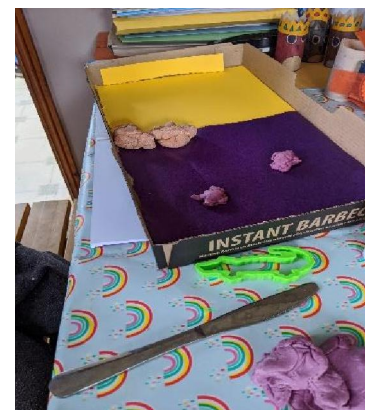
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## Sensory Rice

Place a cup of rice in a zip lock bag, add a squirt of childrens paint and seal the bag. Rub and move the paint and rice inside the bag until it is all covered. This next bit is messy! Next empty the rice out onto a tray, any tray will do, and spread the rice out. Don't worry if it is clumped together and looks a mess. Leave to dry for a few hours and then you can crumble the rice and paint mix in your hands and as the paint will be dry it will easily fall away in rice grains that are the colour of your paint!



**Tray Play!!!** Tray play is a brilliant way for children to explore and express their thoughts and feelings (Very important during this difficult time) using whatever you have to hand at home. It does not need to be structured or look a particular way, a great therapeutic way to promote this play is to leave them to it!



*These trays are themed around Pirates and Beaches. Hide 'precious' items in a tray of sand/flour/oats/grass/sawdust for your child to find (anything shiny, old jewellery, coins, spoons!). Use anything that is tray-like, even the packaging from an instant barbecue!*