

# Sensory activity ideas

## cloud dough

### what you need:

- 2 cups cornflour
- 1 cup hair conditioner
- Food colouring (optional)
- Glitter (optional)

### what to do:

1. Pour the conditioner into a bowl and if using food colouring and/or glitter, then mix through.
2. Add 1 cup of cornflour at a time as you stir well.
3. Mix using hands until it forms a thick blob.
4. Turn the dough onto a clean surface and knead into a smooth ball with your hands. Add more cornflour if the play dough is sticky.
5. Have **fun** moulding, squishing, shaping and playing with your new play dough!
6. Store in a zip-lock bag or air tight container to use again and again.



## coloured rice shaker

### what you need:

- Long grain white rice
- Vinegar
- Food colouring
- Clear plastic bottle



### what to do:

1. Pour a cup of rice (1 cup per colour) into your plastic bottle.
2. Add a generous amount food colouring.
3. Drizzle 1/2 tsp of vinegar over the rice.
4. Screw the lid back on your bottle and shake, shake, shake, shake a shake shake!
5. Watch the rice change colour as you go.
6. Add more food colouring if required.



# marshmallow crispy squares

## what you need:

- 45g butter
- 300g mini marshmallows
- 180g Rice Krispies
- Edible glitter (optional)
- Sprinkles (optional)
- 32cm x 23cm baking tin

**makes 24**



## what to do:

1. Melt the butter in a large, heavy-based saucepan over a low heat
2. Add the marshmallows and stir constantly until they are completely melted
3. Take the pan off the heat and immediately add the rice krispies, mixing lightly until well coated.
4. Press the mixture into the greased tin, flatten the top with a spoon
5. Scatter over the edible glitter and/or sprinkles if using
6. Let the marshmallow squares cool completely in the tin before cutting into 24 squares.

# mood meter

## what you need:

- 2 pieces of card
- colourful pens
- paper fastener
- ruler



Emotions are always changing and this mood meter is a great way to be aware of and show someone how you are feeling.

## making the meter:

1. Give your Mood Meter a title - something like "Right now, I feel..." - whatever you like, it's your meter!
2. Draw a large half-circle and divide it into five sections or 'slices'.
3. Colour each section - blue in the first slice then green, then yellow, then orange and finally red. The colours represent many emotions.
4. On a separate piece of paper, write down as all the different emotions you regularly feel.
5. Now match each emotions you've written down to one of the colours... Blue can be how you feel when doing something that you enjoy and are happy. Green could mean you are relaxed. Perhaps yellow is when you feel frustrated, confused or distracted. Orange could be when you feel nervous, upset or even silly or over-excited. Red could be when you feel ready to burst, are scared or angry?
6. Now draw faces on each section of the mood meter to suit the feelings or mood you have matched to each colour.
7. Draw an arrow on you second piece of card, cut out and colour in. Punch a hole at the bottom, centre point of the meter and attach the arrow with the paper fastener.

## Remember

there are no "good" or "bad" emotions. People feel emotions in their own way.

Keep your mood meter ready to use whenever you want to check in and talk about how you are feeling.