

# SENSORY ACTIVITY

## YOU NEED:

- 1 CUP FLOUR
- 1/2 CUP SALT
- 2 TBSP CREAM OF TARTAR
- 1 TBSP OIL
- YELLOW FOOD COLOURING OR 1 TBSP YELLOW POWDER PAINT
- 1 CUP BOILING WATER
- A FEW DROPS GLYCERINE
- YELLOW SPLIT PEAS
- COUSCOUS

## METHOD

- MIX TOGETHER THE FLOUR, SALT, CREAM OF TARTAR AND OIL IN A LARGE MIXING BOWL.
- ADD 5-10 DROPS OF THE FOOD COLOURING/POWDER PAINT (DEPENDING ON HOW DARK YOU WANT THE PLAYDOUGH) TO 1 CUP OF BOILING WATER.
- ADD THE WATER GRADUALLY TO THE OTHER INGREDIENTS IN THE LARGE BOWL, THEN ADD A SPOONFUL OF THE SPLIT PEAS AND COUSCOUS.
- STIR THE MIXTURE WELL UNTIL IT IS COMBINED TOGETHER.
- ONCE YOU FEEL IT HAS COOLED ENOUGH, ROLL IT OUT ON A FLAT SURFACE, KNEAD IT TOGETHER AND GET PLAYING.
- YOU MAY LIKE TO ADD SOME ITEMS TO THE DOUGH TO MAKE A CATERPILLAR, E.G. MATCHSTICKS, STRAWS, BOTTLE TOPS, POM POMS, ETC.



# SENSORY ACTIVITY

## YOU NEED:

- LETTUCE
- ROCKET
- PEA SHOOTS
- SPINACH
- KALE
- MINT LEAVES
- ROSEMARY
- LARGE TRAY OR CONTAINER

## NON-EDIBLE ITEMS:

- TOY BEE
- TOY BUTTERFLY
- TOY CATERPILLAR
- TOY BIRD

## METHOD

- SPREAD THE DIFFERENT LEAVES ACROSS A LARGE TRAY. DISTRIBUTE THEM IN LAYERS SO THAT THE ENTIRE TRAY IS COVERED IN A VARIETY OF GREEN PLANTS.
- LAY THE NON-EDIBLE ENHANCEMENTS ACROSS THE LEAVES.
- HAVE FUN EXPLORING THE DIFFERENT TEXTURES, SCENTS AND SHADES ON THE TRAY. ALLOW THE CHILDREN TO INDEPENDENTLY EXPLORE THE SENSORY TRAY. YOU MAY LIKE TO ENCOURAGE THEM TO RETELL A STORY WHILE THEY PLAY.