

VI and Sensory Learners Home Learning Activities 2

Sensory Bags

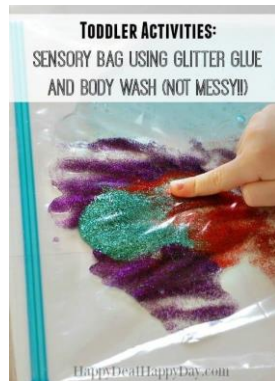
These are easy to make, if you have ziplock food bags at home. They are a less messy alternative to messy play. Bright, shiny colours encourage children to use their functional vision, the squashy texture encourages children to explore through touch and this encourages children to use functional vision and touch together. You can enhance the visual experience by taping the bag to a window so that the light shines through it.

Pinterest has loads of sensory bag ideas. Here are a few examples:

1. Just add some oil (baby oil or other oil) and a few drops of food colouring to a ziplock bag.



2. Just add some hair gel, shower gel or jelly to a ziplock bag. You can also add some glitter or glitter glue.



3. Just add some paint and oil, or just paint by itself, to a ziplock bag.



4. You can also add items, small toys, craft items etc, and even make themed bags.



Sensory Bottles and Sensory Jars

Sensory bottles and jars are also a fun option. Again, bright shiny colours and items in the bottles/ jars encourage use of functional vision, but also, different sounds can be created depending what you put in the bottle, encouraging listening skills. Pinterest has loads of sensory bottle and jar ideas.

Here are some ideas:

1. Fill bottles/jars with dry ingredients which make noise when shaken - rice, pasta, lentils, cut up straws. Include small toys, buttons, beads etc.



2. Fill with water, baby oil and glitter, or water, oil and food colouring. Or fill with warm water, and glitter glue.



3. Or just add water and whatever you can find!

