

VI and SL 11: Outdoor and Summer Sensory Play 2

This is the second of the outdoor and summer sensory play home learning ideas. I know the weather hasn't been that great, so I'll try to make sure I give some indoor ideas too. Hopefully the summer will come back soon! As ever, do as little or as much as you want, and use what you have at home.

Water Play

Here are a few water play ideas. They can be done outdoors in a basin or a paddling pool, but if the weather isn't good, you could do this in the house (with lots of towels!!) or even in the bath!



Scoop balls or pom poms with a ladle or big spoon!



Drop different objects into and see what makes the biggest splash!



Use different containers and toys to pour!



Use sponges, facecloths and other materials to suck up and Squeeze out water – this is a good hand strengthening exercise!

Messy play

Make some soap foam. This is a bit messy, but feels amazing! And of course, although it's messy play, it's made of soap so it's clean!

It's made by using a blender – you can use a jug blender, I don't have one so used my hand blender. All of the recipes I've seen use washing up liquid – I did this, but also did a version using bubble bath, in case of sensitive skin. Both worked really well. I used a generous squirt of either washing up liquid or bubble bath – I think about 2 tablespoons. I added slightly less water, and then blended until it turned into thick foam. If it's too runny you can add more washing up liquid or bubble bath, or if it's too thick add more water. If you're feeling adventurous you could add a drop of food colouring, and even make different coloured batches. If you want to make a larger amount, increase the two ingredients, just make sure not to add too much water.

I have seen recipes which recommend adding a bit of cornflour, I think this makes it last longer but it works fine without.

Search Pinterest for alternative recipes.



This is made with washing up liquid.



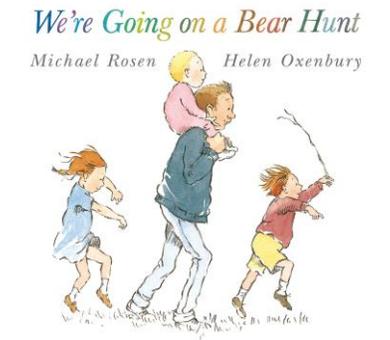
This is made with bubble bath - this is my favourite as I prefer smell!



Indoor Scavenger Hunt

If the weather isn't good so you can't get out to do last weeks listening walk, why not do an indoor scavenger hunt. The last page of this document is an indoor scavenger hunt checklist.

Go on a bear hunt!



Here are my ideas for an outdoor, active sensory story for *We're Going on a Bear Hunt* which you can do when out for a walk. You can read the story or watch the Channel 4 adaptation before you go out. You don't need to take anything with you, except your imagination!

- Repeat the line 'We're going on a bear hunt, we're going to catch a big one, what a beautiful day, we're not scared!'
- Grass – walk through long grass, or feel short grass – while walking pretend to push the long grass out of the way and say 'swishy, swashy.'
- River – walk with big steps and say 'splash, splosh.'
- Mud – walk with big, slow steps and say 'squelch, squerch.'
- Forest – run and say 'stumble, trip' - if you are near trees, run and hide behind them, or even have a game of hide and seek!
- Snowstorm – huddle in close, walk very slowly and 'blow' like the wind.
- Cave – tiptoe, tiptoe, tiptoe and then.....
- RUN!!!

Indoor Scavenger Hunt

How many of each things can you find? Can you find something...?

Shiny		Sparkly	
Soft		Hard	
Made of metal		Made of wood	
Rough		Smooth	
Furry		Fluffy	
Warm		Cold	
Spiky		Bumpy	
Noisy		Which smells nice	