

If you're looking for mess-free sensory play ideas, here are some options:

1.



2.



3.

4.

## Ysgol Bryn Derw

Melfort Road  
Newport  
NP20 3FQ

01633 631795

[Ysgol.brynderw@newport.gov.uk](mailto:Ysgol.brynderw@newport.gov.uk)



**Sensory play**

**Ysgol Bryn Derw**



# What you need to know Benefits of sensory play Top Tips

**Sensory bags** - Fill a resealable plastic bag with various materials such as hair gel, coloured water, or small toys for children to explore without creating a mess. You can also tape the bag to a window for added visual interest.

**Quiet books** - These fabric books can be filled with different textures and materials for children to touch and explore without making a mess.

**Magnet play** - Provide magnetic tiles or letters for children to create structures and designs without the need for glue or other messy materials.

**Busy boards** - These boards have various objects attached for children to manipulate and explore without creating a mess.

**Remember to always supervise children during sensory play activities and use materials that are safe and age-appropriate.**

## What does Sensory play involve?

Sensory play is a type of play that engages one or more of a child's five senses - sight, touch, hearing, taste, and smell - to stimulate exploration and learning. It involves creating opportunities for children to explore different textures, colours, smells, tastes, and sounds in a safe and controlled environment. Sensory play is beneficial for children's development, as it helps them develop cognitive, social, emotional, and physical skills.

## What can you do to support sensory play?

In class you can support sensory play by modelling (mark making, exploring, demonstrating excitement/engagement with your child), giving praise when children participate (high fives, thumbs up, verbal praise) and by provide opportunities for exploration .

and develop their creativity and imagination.

## Sensory play has a number of benefits:

- It can be used to support sensory processing difficulties.
  - It can be used to help children become desensitised to different smells and textures.
  - it's a great way to build tolerance to different things. (food, smells, textures, mess) • It helps to build nerve connections in the brain.
  - It supports language development.
6. Musical instruments and rice (explore them together, make different sounds)

- It can involve mindful /relaxing activities which can support self-regulating
  - It improves Gross and fine motor skills.
  - It supports the natural flow of development by improving strength, flexibility, coordination and dexterity.
- Sensory play is particularly beneficial for children with sensory processing disorders, as it can help them learn to regulate their sensory input and improve their sensory processing abilities. It can also be a fun and engaging way for children to learn about the world around them
2. Shaving cream - Fill a tray with shaving cream and let children play and explore the texture and feel of the foam. You can add food colouring to make it more colourful.
  3. Fill bottles with various items such as glitter, water, beads, and small toys to create a calming sensory experience.
  4. Sensory bags - Fill a plastic bag with hair gel or coloured water and small toys or objects for children to explore and manipulate.
  5. Bubble wrap - Let children stomp, jump, and pop bubble wrap for a fun tactile experience.

### **Sensory play in the classroom: What could you use?**

To facilitate sensory play opportunities in the class you could use a tuff trays, water trays, and smaller trays for individual use. **Sensory Play ideas**

1. Sensory bins - Fill a container with a sensory material such as rice, beans, sand, or water and add small toys or objects for children to explore and discover.