

Monthly Sensory Activities



A guide to getting messy and having fun!

January Snow paint

Materials:
 2 cups Shaving cream
 1 cup White glue
 1 Packet of blue kool-aid (optional)
 Glitter (optional)
 Paper
 Paint brush

Book:
 Snowmen at Work



Directions:
 1. Mix together shaving cream and glue
 2. Add in a little kool-aid at a time until desired color is attained
 3. Sprinkle in a little glitter
 4. Paint

**Note: the thicker the paint, the "fluffier" it dries*

FEBRUARY MAGNETIC SLIME

Book:
 Curious George Magnetic Maze



***This activity is meant for children out of the mouthing stage, and supervision is recommended. The magnetic powder is not safe to inhale or ingest. Be sure to wash hands once play time is over.**

Materials:
 1 bottle of school glue
 3 tsp of magnetic powder (ferric iron oxide powder)
 Up to 4 oz of liquid starch
 Neodymium magnets

***Notes:** You can buy magnetic powder in most art & craft stores. You will need neodymium magnets for this, as regular magnets are not strong enough. Liquid starch can be found in the laundry aisle of most stores.

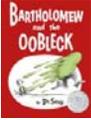
Directions:
 1-Combine the glue and the magnetic powder in a bowl, and stir until well mixed
 2-Once combined slowly add small amounts of liquid starch to the bowl and mix well. Continue to slowly add the starch & mix until the desired consistency is reached.
 *Add the starch SLOWLY
 3-Once you have the consistency down remove the slime from the bowl and knead it with your hands. After a bit of kneading the slime will be ready for play.



March

Oobleck

Book:
Bartholomew and the
Oobleck



Materials:
 1/4 cup of corn syrup
 1/4 cup of glow-in-the-dark acrylic paint
 1/4 cup of glitter glue
 1/4 cup of water
 1 teaspoon of Borax

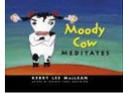
Directions:
 1-Mix the corn syrup, paint, glitter, and glue in a large bowl.
 *Once the glue, paint, water and syrup are mixed it should look like a milky water. Don't worry, it will solidify with the borax.
 2-Add the teaspoon of Borax and stir continuously for a couple of minutes.
 *As you stir the borax will combine with the glue to create a polymer.



April

Lava Lamp

Book:
Moody Cow Meditates



Materials:
 Upcycled water/soda bottle
 Water
 Vegetable oil
 Food coloring
 Alka Seltzer Antacid Tab (broken into several pieces)

Directions:
 1- Fill the bottle 1/3 with water
 2-Add vegetable oil until it is all but 1-2 TAB full
 3-Add several drops food coloring
 *It will fall through the oil in balls but mix once it gets to the water section.
 4-Add 1 broken Alka Seltzer Antacid Tab

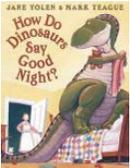
Notes:
 *When the antacid tablet is no longer causing the lava lamp effect you can repeat the process.
 **If your child shakes the bottle and the oil, water, and food coloring appear to have made one big colored mess – don't throw it out. Give it a couple hours and you will see the oil & colored water separate again.



May

Glowing Night Jar

Book:
How do Dinosaurs
Say Goodnight



Materials:
 Durable plastic bottle
 Hair Gel – nearly full bottle
 Glitter Glue (a squirt or 1 whole pen)
 Glow-in-the-dark paint (a squirt)
 Super Glue
 Glow-in-the-dark mini stars

Directions:
 1-Squirt the glitter glue in the bottom of the bottle
 2-Add a small amount of glow in the dark paint
 *The glitter glue will add some sparkle and the paint will add just a hint of glow to the whole bottle
 ***The gel is great for resistance – so the stars don't immediately fall to the bottom of the bottle, and the little air bubbles inside the gel simulate all the little stars in the galaxy
 ***Add a couple of tablespoons of water if gel is a little too thick
 3-Super glue the lid onto the bottle. VERY important!



June Ice cream dough

Materials:

- 3 cups of baking soda
- 3 teaspoons of white hair conditioner
- 1 Kool-Aid packet
- Mixing bowl
- Storage containers

Book:

I Scream Ice Cream



Directions:

Add all the ingredients together and mix

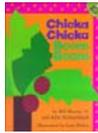


July Sand foam

Materials:

- Sand - approximately 3 cups
- Shaving cream - approximately 1 can
- Mixing bowl/tub
- Paint brush

Book:
Chicka Chicka
Boom Boom



Directions:

- 1- Pour your sand into a tub (we use the clear storage boxes for Sensory Play)
 - 2- Pour in your shaving cream - mixing as you go
- Keep mixing and adding the shaving foam until you are happy with the texture

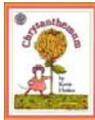


August Foil name

Materials:

- Foil
- Hot glue gun
- Cardstock or cardboard
- Paint
- Paper

Book:
Chrysanthemum



Directions:

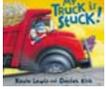
- 1- Write name on the cardstock
 - 2- Use the hot glue gun to trace name
 - 3- Wrap the foil around the cardstock
- *Make sure not to wrap it too tightly. There should be enough space that the letters beneath are nice and roomy
- 4- Firmly press the foil until he saw what was beneath.
 - 5- Paint over the letters
 - 6- Press the paper on the letters to create a name "stamp"



SEPTEMBER

MUD PUDDING PAINT

Book:
My Truck is
Stuck



Materials:
 1 box instant chocolate pudding mix
 Milk
 2 Ziploc freezer bags
 Cardstock paper
 Mini toy cars/trucks

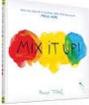
Directions:
 1- Pour a box of instant pudding mix into a freezer bag
 2- Add the amount of milk specified on the box.
 3- Seal the bag
 4- Drop sealed bag into second freezer bag
 5- Squish the bag with your hands or toss it around until the pudding is completely mixed
 6- Make a slit in one of the bag's corners, and squeeze the pudding onto paper
 7- Drive cars/trucks through the "mud"



October

Glitter slime

Book:
Mix It Up



Materials:
 Sta Flo Liquid Starch
 Elmer's Clear School Glue
 Colored Glitter
 Essential Oils or Extracts
 Mixing bowl

Directions:
 1. Pour the whole bottle of glue into a bowl
 2. Fill the empty glue bottle with liquid starch
 3. Add almost all of the liquid starch to the bowl of glue
 4. Add as much glitter to the mix as you want
 5. Add a few drops of essential oils or extracts to your slime.

***Note:**
 Add enough oil or extract that it is nicely scented, but not so much as to overwhelm your child.
 Depending on the strength of the essential oil, usually a drop or two is all you need.



November

Fall scent dough

Book:
Bear Says
Thanks

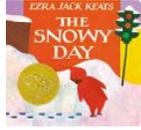


Materials:
 2 cups of plain (all purpose) flour
 1 cup of salt
 2 tablespoons of cream of tartar
 2 tablespoons of vegetable oil
 Spices (grated cloves, ground ginger, ground cinnamon, grated nutmeg)
 Tempera paint
 Water

Directions:
 1- Mix together flour, salt, cream of tartar, oil, and spices
 2- Add in some liquid to bring your dough together. For a basic play dough recipe you'd add 1 and half cups of just-boiled water. To add some seasonal color, replaced some of this water with a good squirt of paint.
 3- Stir all your ingredients together in the bowl to form a dough
 4- Dip out the dough and give it a good knead for a few minutes



Book:
The Snowy Day



Materials:

- 4 – 16 oz. boxes of cornstarch
- 2 1/3 cups of vegetable oil
- Glitter

Directions:

Stir all the ingredients together and knead it with your hands until it is thoroughly mixed.

*This dough does not need to be stored in an airtight container – because of the oil, it won't dry out.
