



Sensory Play

The following table shows some generic suggestions to support sensory play.

Your teacher and Specialist Teacher can guide you with individualised ideas appropriate to your own child and whanau.

Messy play and playdough recipes to make are included in the resource pack.

Activity	Items Needed	Instructions
<p>Sensory Bins</p> 	<p>Container</p> <p>Various tactile items e.g.: rice; pasta; sand; slime; shaving foam; jelly</p> <p>Items to hide or play with e.g.: funnel; measuring spoons / cups; jugs etc.</p>	<p>Place one of the tactile items in the container at a time. Hide smaller items in the bin and the child has to dig to find the items. Or use bigger items like cars or dinosaurs for the child to play with.</p>
<p>Playdough</p> 	<p>Playdough</p> <p>Cookie cutters</p> <p>Items to stick into the dough</p>	<p>Using playdough get the child to squeeze it between their fingers; roll it into a snake; squash it on the table; form letters and numbers, their name; use cookie cutters to make shapes; stick things into it and then pull them out again.</p>

Shaving Foam/Gloop

Car wash



Shaving foam/gloop

Tray

Cars

Bucket of water / spray bottle with water.

Have races with the cars in the shaving foam/gloop/finger paint

Encourage the child to get shaving foam all over the cars

Dip them in the bucket of water to wash them or use a spray bottle to rinse them off.

Letters / numbers



Shaving foam/finger paint

Tray

The child uses their hand to spread the shaving foam/finger-paint out.

They can then write letters / numbers / shapes / drawings using their finger.

Musical instruments

Shaker 1



Milk bottle handle

Bottle tops

Cut out the handle from a milk bottle.

Make holes around the edge of the milk bottle handle and in the middle of the bottle tops.

Attach the bottle tops to the milk bottle handle using string.

Shaker 2



Empty drink bottle

Seeds / rice / popcorn / split peas etc.

Place the seeds / rice / popcorn / split peas into the bottle and seal the top well. You now have a shaker.

You can put various items into each bottle and see which sounds louder / softer etc.

Guitar



Tissue box

Elastics

The child can decorate the tissue box if they want.

Place the elastics around the tissue box – leaving spaces in between them.

Music



Variety of music

Play a variety of music.

Then just sit and listen or get up and move to the rhythm.

Storytime

Online, audio, and eBook resources

New Zealand

[Goodnight Kids](#) — celebrity storytellers read New Zealand bedtime stories.

[Kids Kids News](#) — latest news items and current events about NZ and overseas, selected for students and teachers.

[NZ writers read](#) — New Zealand Society of Author's playlist of authors reading from their work (FNZWritersRead).

[Pasifika dual language resources](#) — books to support Pasifika new entrant students in English-medium classrooms. Many books are available as PDFs and all are available as MP3 audio files.

[Poetry Box](#) — Paula Green's poetry site full of poems by and for children.

[Storytime](#) — Radio New Zealand provides a collection of New Zealand audio stories for children and teens.

[The Māori Gods series](#) — videos created by KIWA Digital voiced in te reo Māori as well as English.

[ToiToi TV](#) — ToiToi aims to engage young writers and artists to participate in their own learning and encourage them to submit their work for publication. ToiToi TV showcases videos of kids reading kids' stories and poems.

A digital device with internet.

A favourite book and a person to read alongside.

Link into the Learning from Home website, Reading from home and there are some NZ audio books that can be listened to.

<https://natlib.govt.nz/schools/reading-engagement/family-whanau-and-community-connections/reading-at-home>

Nature Walks



Yourselves

Go outside together and take a walk in the garden. Listen for the different sounds of nature e.g.: birds, water etc.

Collect leaves, crinkle them up in your hands, listen to the snap under foot of crunchy leaves.

Flash Light Tag



Flashlight/Torch
Wall (if playing inside)

Ideally this game includes all the family members even when playing inside.

Darken the room.

Each person has a flashlight/torch. You can put cellophane paper on the top of the torches so that each person has a different colour. The people move the torches around the wall trying not to be caught.

Sensory Water Bottles



Empty drink bottles
Water
Variety of objects

Add objects to the bottles e.g.:
beads; glitter; balloons;
Straws (cut into pieces).
Add water and seal the top well.
The child can then shake to
bottle and the items will float
around for them to watch.

I Spy Bottles



Empty drink bottle
Rice
Objects to put inside

Put rice in the bottles.
Place a variety of objects in the
bottle and shake it to mix the
objects in with the rice.
The child has to move the bottle
around to find the objects.
You can make a theme for each
bottle if you want.

Suspended Ball



Ball
Old stocking
Bat or Hands

Place the ball inside the stocking
and hand it from a tree branch or
rafter.
Depending on the size of the ball
the child can hit it with a bat or
use their hands.

Marble Painting



Tray
Paper
Paint
Marble or ping-pong ball

Place the paper on the tray.
Put the marble in the paint and
then place it on the paper.
Move the tray from side to side
and backwards and forwards to
make the marble move around
the paper creating a paint path
as it goes.
Use a number of different
colours to make a pattern.
These can be used for cards etc.

Thank you to Blomfield Special School & Resource Centre for contributing these ideas.