



## Sensory Activities and Ideas Set 2 – Sensory Mark Making

There are lots of ideas of sensory activities that you can try with your child, many using things sourced easily from around the home.

### Mirror Painting

#### You will need:

- Safety mirror
- Poster or finger paint
- Painting brushes
- Glitter (optional)
- Sand (optional)



### Bubble Wrap Painting

#### You will need:

- Thick paper or old cardboard boxes opened up and flattened.
- Poster paint
- Masking tape or parcel tape
- bubble wrap

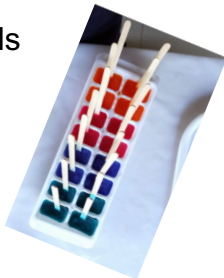
#### What to do:

1. Squirt some paint onto the card or thick paper
2. Cover with a piece of bubble wrap.
3. Tape the bubble wrap to the card or thick paper
4. Encourage your child to walk over the bubble wrap.
5. Talk about how the colours have spread out.

### Ice Painting

#### You will need:

- 1 tablespoon of flour
- Food colouring
- Play utensils and cutlery
- Ice cube trays / plastic pots
- Whisk
- Sticks
- Mixing bowls
- Jug



### Balloon Painting

#### You will need:

- Balloons – blown up
- Paint
- Paper
- Poster Paint

#### What to do:

- Squirt paint onto the paper
- Roll the balloons in the paint.

For a messier experience try  
**Balloon Pop Painting!**

#### What to do:

1. Fill water tray and empty it into the mixing bowl.
2. Mix flour into the water.
3. Split the flour and water mixture into smaller bowls.
4. Mix a different colour into each bowl.
5. Pour into ice cube trays and add a stick.
6. Freeze.
7. Empty out onto paper and use.



### Sensory Drawing

#### You could use:

- A roll of lining paper, reversed wallpaper or roll of drawing paper.
- Area of pavement or decking
- Fresh herbs, sticks, stones, soil.
- pavement chalks.

#### What to do:

- Use the items to make marks on the ground or paper.

#### What can you smell?

#### How does it feel?

- If you mash the herbs with Water, what happens?