

# Sensory



Things you'll need:

- A plastic wallet or zip lock bag
- Tape
- Scissors

You can use anything you like to put into your sensory bags. We have used:

- Glitter
- Shaving Gel
- Pasta
- Pom-Poms



1. Fill your bags with your chosen sensory items. If your child is old enough, they can help you with this.



2. Tape the bags to the floor, making sure all the edges are secure and nothing can leak out.



3. Let your child enjoy exploring the sensory bags, using their hands and feet.

## Did you know?

Children (and adults, for that matter) learn best when they engage the senses. By exposing our little ones to different textures, colours, or sounds, we are also helping them develop their cognitive skills. Which is why sensory bags are the greatest thing to hit the baby circuit: they're super easy to make and provide hours of mess-free play.