

Christmas Sensory Bags



Activity:

1. Using a large zip lock bag, place inside some gel hand sanitiser and drops of food colouring. Close bag and squeeze/mix together until it becomes your desired colour. Add more food colouring if needed.
2. Add in beads, sequins, glitter.
3. Tape zip lock bag together. and mix together.
4. Draw desired Christmas picture on bag. Examples can be a Snowman, Christmas tree, Christmas ornament, candy cane etc...

It Works on Skills Such As:

- Sensory input (tactile).
- Fine motor skills to manipulate items within the sensory bag.
- Expanding play and social skills by encouraging children to talk about what they are doing/making.
- Problem solving and thinking skills e.g., planning, sequencing to create an image.

Tips:

- Encourage child to create sensory bag. Add in few drops of essential oil to stimulate olfactory (smell) sense e.g, lavender is calming.