

# The PAGE Program Sensory Activities List



## Suggested Sensory Activity List

- Make homemade play dough (see last page for recipe)  
Ways to play: Add buttons, dried pasta, pipe cleaners, sticks, rocks, google eyes, etc. to add to creations. Use cookie cutters or plastic cups to make shapes. Roll into snakes then practice making the first letter of their name.
- Mess free sensory bags  
Ways to play: Add ½ cup of shaving cream foam or hair gel to a quart size zip lock bag (option to add food coloring or small items that won't pierce through the bag). Tape down to a tabletop or high chair tray for your little one to press and squish around. Hide food coloring or a drop of paint inside the shaving cream for them to find.
- Painting Ice Cubes  
Ways to play: Freeze water in ice cube trays or small Tupperware containers. Place ice in a plastic or metal container. Use water colors or food coloring to paint the ice.
- Make dried pasta or cereal necklaces  
Ways to play: String cheerios or macaroni noodles onto yarn, shoestrings or pipe cleaners. Make sure to add a piece of tape to one end of yarn to make it easier to thread. Hold and/or tape down the other end while they thread.
- Make an obstacle course (indoors or outdoors)  
Ways to play: In a large open space, have your little ones roll, run, hop, or crawl from one spot to another. You could even add a pillow to jump over, a blanket to roll on, or a ball to bounce.
- Make a sensory bin  
Ways to play: Add dried beans, dried pasta, or even paper from the paper shredder to a shallow storage bin. Give your child measuring cups and spoons to scoop and pour or even add small plastic toys or cars. Place a tablecloth on the floor for easier clean up.

### Suggested Sensory Activity List (continued)

- Cardboard box car  
Ways to play: Decorate a large empty Amazon box with crayons or markers, and cut doors into the side.
- Duplo blocks painting  
Ways to play: dip Duplo blocks in washable paint onto paper. What other plastic toys make fun prints? (cars, animals, plastic forks, etc.)
- Tape Tracks  
Ways to play: Use painter tape to make a road way on the floor. Watch your little ones race their toy cars around the track.
- Blanket Forts  
Ways to play: Use blankets and chairs to make an indoor tent. For added fun, have an indoor picnic underneath.
- Golf tee hammering  
Ways to play: use a toy hammer to pound golf tees into a foam block (left inside a packing box for something like an appliance or something breakable)
- Make household chores fun  
Ways to play: Put a little dish soap and water in the sink or shallow storage bin. Give little ones a clean sponge or washcloth to wash plastic toys or plastic dishes. If the weather permits, pull out ride on toys and tricycles to wash with soapy water outside.  
Play Go Fish with socks from the mismatched sock bin Put on some music while picking up toys, and see how many they can pick up before the song ends.
- Rainbow Foam Soap (see last page for recipe)  
Ways to play: Put your little one in their bathing suit in the bathtub with a plastic bowl of foam soap and some cups and spoons for scooping and pouring. Afterwards, a mid-day bath can help breakup a long day.
- Baking  
Ways to play: Kids love to help pour and mix ingredients of your favorite pancake, muffin or cookie recipes.

## Play Dough and Foam Soap Recipes

- **Play dough Recipe Ingredients:**
  - 2 cups All Purpose Flour
  - 2 cups Water
  - 2 teaspoons Cream of Tartar food coloring (optional)

~Mix all ingredients together in a large sauce pan  
Move to the stove and continue stirring over medium heat until it forms a ball.  
Transfer onto a floured surface to cool before play.  
Store in an air tight container for up to a month
- **Foam Soap Ingredients:**
  - Dish Soap
  - Water
  - Food coloring or colored bath tablet (optional)

~Pour dish soap, coloring and water into a mixing bowl.  
Mix on medium high with a hand mixer until stiff peaks appear.  
Transfer into plastic bowls to play.