

April

30 days of sensory play

			1 Shaving cream play	2 Blow bubbles	3 *Torn paper collage	4 *Move to the music fast and slow
5 Draw with chalk	6 *Couch cushion obstacle course	7 *Homemade playdough	8 *Scavenger hunt	9 *Scented sensory bins	10 *Red light, green light stop and go	11 *Plant seeds or grass
12 *Hide and seek	13 *Coloring under the table	14 *Marching band	15 *Goop	16 Painting rocks	17 *Cereal sensory bin	18 Build a blanket fort
19 Balloon or beach ball volleyball	20 *Sensory bottles	21 Fingerprint flowers	22 Bubbly water play	23 *Animal walks	24 *Coloring to classical music	25 Nature walk collect items to paint with tomorrow!!
26 *Nature painting	27 *Cooking!	28 *Rainbow hop	29 *Oatmeal or Rice Sensory Bin	30 Repeat your favorite activity		

*Please always keep your child's abilities and safety in mind! These activities require minimal or no prep and can be done with typical household items. See next page for descriptions of starred activities.

- 3: use any scrap paper, newspapers, tissue paper to tear or cut up and make a collage
- 4: use music of different tempos and encourage your child(ren) to move to the speed of the music
- 6: make an obstacle course with objects around the house-cushions are great to crawl over/under
- 7: see attached no cook playdough recipe ideas
- 8: see attached scavenger hunt list (add your own twist-ask for big/small rocks, long/short sticks, different colored flowers and birds)
- 9: try adding cinnamon sticks or coffee beans to a sensory bin
- 10: use stop and go verbal prompts or colored red and green circles to add visual cues
- 11: draw a face on a small cup and plant grass-when it grows your grass person can get their "hair" cut
- 12: try letting your child hide empty plastic eggs for you to seek
- 13: tape paper under the coffee table and let your child lay on their back to make a michelangelo inspired masterpiece
- 14. be creative! Make tambourines with paper plates and beans, bang on pots and pans!
- 15: see attached goop recipe
- 17: use the leftovers in an almost empty box of cereal or try fruit loops to make rainbows
- 20: see attached sensory bottle ideas
- 23: bears, crabs, penguins, and frogs! What animals can your child be?
- 24: put on some calm classical music and have your child color a picture. See if they can draw with the speed of the music.
- 26: use what you found on your nature walk as paintbrushes
- 27: make something delicious together! All children can help mix and pour. Try letting them measure or scoop ingredients.

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- 28: draw circles with chalk and hop from color to color
- 29: see attached cloud dough recipe

Homemade (no cook) playdough:

1 cup flour
1 cup salt
1 cup water
1 tablespoon vegetable oil
Mix dry ingredients and then add wet ingredients. Knead until smooth. Keep in a covered container in the refrigerator.

Spring scavenger hunt:

green leaf	butterfly
squirrel	ant
clouds	brown leaf
bird	rock
flower	stick

Goop recipe:

16 oz. container (2 cups) of cornstarch
1 cup of water
Liquid watercolors or food coloring (optional)
1. Get a large bowl.
2. Pour 2 cups cornstarch into bowl.
3. Add water slowly-start with $\frac{1}{4}$ cup and mix with hands. Add remaining water to make consistency more liquid. Adjust as needed. Add a few drops of food coloring or liquid watercolor to make the mixture colorful.

Sensory bottles:

A clear plastic water bottle works well for a sensory bottle. You can put almost anything inside the bottle, such as glitter, pom poms, food coloring, beads, feathers, googly eyes, pipe cleaner pieces...the possibilities can go on and on. Then add liquid-you can fill it full with water or add $\frac{1}{4}$ cooking

oil, mineral oil, shampoo, and finish filling with water. Close securely (I highly recommend gluing it shut) and enjoy. This website has great suggestions for other items to put inside and bottles without water in them but with other fun materials.

<https://preschoolinspirations.com/how-to-make-a-perfect-sensory-bottle/>