

SENSORY BAGS



DIY Resource Sheet

OVERVIEW

Prep time: 15 minutes

Difficulty: Easy

Estimated Cost: 20 AED

Mess level: Zero

Benefits:

Using these types of bags allows children to explore, discover, imagine, create, and learn while engaging many of their senses. They are great mess-free sensory play.

Ways to adapt/Items to add:

- Sand
- Sensory balls
- Letters/numbers/shapes
- Slime
- Pom poms
- Glitter
- Leaves
- Flowers
- Sand

Top Tip:

Create mini themes like under the sea, space, dino world etc

What you need

- Sealed bag
- Small items
- Water
- Food dye

Instructions

Add items into a sealed bag and give to your child.

They can play with the bags on the table, floor or even try taping to a wall or window (a lovely way for them to explore light). This will help develop their gross motor skills.

Notes

The bags can easily be wiped down and reused with different items inside.

Make sure to seal and tape the bag well!