Sensory Umbrella



What you will need:

- Umbrella
- Items that you can attach to the umbrella: lights, tin foil, spoons, whisks, bubble wrap etc.
- Numbers or coloured toys
- Paint
- Water
- String
- Tape



How to make the game

- Open the umbrella and attach the items you have chosen either using string or tape.
- Sitting in a chair or laying on the floor, place the umbrella over the top of the person who will explore it.
- Allow them time to explore it in the way they want, you can even lie on the floor next to them or sit next to them and explore together.

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- Use items you know they will want to explore: such as if they like lights use lights, if they like soft things use sponges etc.
- Water: you can use the umbrella in the bath or outside, and pour water over the top of it, this creates a rain like effect that can be relaxing.
- Paint: outside you can pour paint over the umbrella spinning it as it goes to create fun patterns on the ground or on paper
- Colours and Numbers: you can use the umbrella as learning activity. Attaching coloured tubes or numbered tubes you can as them to reach for the pink tube, or find number 1 etc.



Benefits

- Sensory: you can use sensory umbrellas to explore all the senses, it allows them the time to explore and you can see what they enjoy.
- Joint attention: this can be used as an activity for two friends, siblings or a parent and child to do together. Exploring together, sitting, and seeing what they enjoy, allows you to develop joint attention.
- Intensive interaction: you can use this as a one to one activity, letting them lead the activity, following their lead, explore the same item together, making noises together, and mimicking what they do, means they will get a great intensive interaction from this activity.
- Calming: using the water or items that sooth them means you can use the sensory umbrella as a calming activity.

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