

Sensory pouch

What you will need –

- Vegetable, sunflower or olive oil
- Water
- Food colouring (optional)
- Jug or bowl
- Any objects you don't mind sealing in pouch
- Iron and ironing board
- Cloth or tea towel
- Laminate sheets



Method:

1. Set your iron to high
2. Use a cloth or tea towel to cover laminate pouch
3. Iron the two long sides of the laminate sheet, it is also best to go over the closed end once to create a deeper seal – this will mean you have three sealed sides
4. Pour liquid into jug or bowl. You can mix water and oil, or use water or oil separately
5. Add food colouring to liquid
6. Drop in your objects
7. Pour your mixture into the laminate pouch – be careful not to over fill
8. Place the open edge along ironing board so pouch with mixture hangs down.
9. Cover laminate edge with cloth or tea towel
10. Iron laminate edge to seal
11. Have fun exploring your sensory pouch

Benefits:

- Develop fine motor skills whilst exploring the pouches
- Develop fine motor skills in mixing, pouring, and adding objects
- Explore turn taking, their turn to pour or mix
- Build social skills by sharing and playing with the pouches
- Sensory experience: can explore soft and hard, cold and warm
- A calm and soothing activity

