



40 YEARS OF SENSE SCOTLAND
40 WAYS TO PLAY



Squish Squash

What you will need –

- Paper or card
- Food that you can squash:
 - Peas
 - Corn
 - Pomegranate seeds
 - Berries
 - Cherry tomatoes
 - Any foods you can squash
- Rolling pin or something to press with



Method:

1. Either fold paper or card in half and open, or lay paper flat depending on what you are squashing
2. Place your fruit or veg inside or on top of the paper or card
3. Press down until you hear the fruit or veg squish and squash – you can use your hands or fingers, or a rolling pin
4. Peel away the fruit or veg to reveal squishy art
5. You can also draw around or over your squishy marks
6. Leave to dry



Tel: 0300 330 9292
advisory@sensescotland.org.uk
www.sensescotland.org.uk

Benefits:

- Develop fine motor skills whilst squashing fruit or veg
- Develop fine motor skills in placing and moving items
- Explore turn taking, their turn to squash or squish
- Build social skills by sharing and playing with the pouches
- Sensory experience: can explore soft, hard, wet and squishy
- Messy and fun activity

