

DIY Sensory Floorboard

What you will need:

- Sensory materials like
 - Feathers
 - Cotton wool
 - Pom poms

Choose materials that you know your child loves or introduce new materials to explore

- Cardboard
- Glue



Method:

- Start to glue the resources to the cardboard. Make sure to try to cover as much of the cardboard with your materials. Encourage your child to join in with this process
- Leave to dry over night
- Once dry and set, explore your sensory floorboard. You could use hands or feet, or the child could lay down on their tummy or back placing the board underneath them. Use this opportunity to discuss the feelings – is it soft, gentle, does it feel nice and so on

Benefits:

- Develops fine and gross motor skills using fingers whilst sticking the items on and when exploring the finished product
- An opportunity for joint engagement/discussion
- It can be a really calming experience as the child explores the different textures and an opportunity for the child to self-regulate
- Enjoy sensory feedback



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