

At Home Fun, Recreational & Sensory Activities

Homemade How To!

Play-dough
Sensory Bags
Corn Starch Goo
Sensory Table/Bucket

Play-Dough



What you will need:

1 c. flour

1/2 cup salt

1 T. cooking oil

1 T. cream of tartar

1 c. water

Food coloring of your choice (could use koolaid to add color as well)

What you will do with your ingredients:

Stir ingredients together well. Just measure them into the saucepan you will be using to cook the dough, but mix them well

before heating up the pan. Over medium heat cook the dough, stirring constantly until it forms a ball. (NOTE: When it starts to pull away from the sides somewhat and clump together and most of the "wet-looking" parts look dry, it's ready to remove from the pan.) Turn dough onto a board (or the countertop) and knead until very smooth. (NOTE: It will be pretty warm to the touch, but try to knead it until it becomes a nice, smooth ball. If it feels sticky, you can work a little more flour into it and it will be fine.) Cool. Store in a covered plastic container OR in a sealed ziploc bag. (ANOTHER NOTE: This dough does seem to always stick in the saucepan somewhat. I have tried spraying the pan first, but I still have a crusty residue on the pan when I'm finished. I am used to this now and just plan on soaking the pan after I make a batch. I just wanted you to know about that though so you wouldn't think you had goofed something up if that happens.)

Ideas for games with play-dough:

Theme based play: Own a restaurant, be a teacher a carpenter etc and create using play dough.

Making the longest snake: Roll out the play dough and see who can make the longest snake in the room

Play-dough Puppets: Make puppets using the play dough and put on your own show. It can be enacting nursery rhymes, a scene from your household or a small story which you regularly tell your child.

Activity found at: My Montessori Journey. (2008) Retrieved from http://mymontessorijourney.typepad.com/my_montessori_journey/2008/10/homemade-playdo.html

Sensory Bags



What you will need:

Ziplock Bag

Hair Gel (you could also use water, shampoo, conditioner, lotion)

Small objects

Packing Tape

Food coloring (if you want to add color!)

What you will do with your ingredients:

To make a fun sensory bag all you need to do is fill the ziplock bag with hair gel, water, shampoo, conditioner or lotion. Next you can place any small objects in the bag. Some ideas are alphabet letters, glitter, rice, beans, sea shells, dinosaurs, etc. You can put anything your child is interested in the bag along with the liquid. If

you do not think they liquid will be a hit with your child, try just dry ingredients!

Activity found at: Growing a Jeweled Rose. (2012). Retrieved from <http://www.growingajeweledrose.com/2012/07/fun-with-sensory-bags.html>

Corn Starch Goo



What you will need:

Cornstarch
Water
Bowl or Dish
Food Color

What you will do with your ingredients:

Take some cornstarch, and put some in the bowl.

Add water, slowly. As you add the water, stir the water into the cornstarch. Don't use a spoon - use your hands to do this. This is part of the fun, and you will also be able to tell when you have put in enough water! The key is to add just enough water so that the cornstarch and water mix will flow very, very slowly.

Activity found at: Little Shop. Retrieved from
<http://littleshop.physics.colostate.edu/Try%20At%20Home/goorecipeone.htm>

Sensory Table



What you will need:

Large, shallow, plastic tub
Table
Bath towel
Rags
Handheld brush and dustpan
Sensory tools outlined below

What you will do with your ingredients:

You will fill the tub with any ingredients your child wants.
Below are some popular ideas your child may enjoy!

Water

Add soap to wash plastic dolls or dishes

Add food coloring to experiment with color mixing

Add assorted items to experiment with floating and sinking

Add small plastic or rubber fish and a handheld net

Food

Jell-O

Noodles

Dry instant mashed potatoes

Cornmeal (makes a great sand substitute)

Easter grass with plastic insects and butterflies

Grains

Birdseed

Rice

Cereal

Oatmeal

Beans

Office Extras

Shredded paper

Foam packing peanuts

Colored paper clips

Nature

Assorted leaves, twigs, grass, and magnifying glasses

Household Items

Cotton balls, buttons

Shaving cream (In winter, add trucks to plow snowy roads in the table!) If your child's learning the alphabet, help them trace letters in the shaving cream.

Activity found at: Education. Retrieved from
http://www.education.com/activity/article/Sensory_Table/

Games!

Balance

Facial Expression Memory

Red Light, Green Light

Messy Backyard

Balance Game



What you will need:

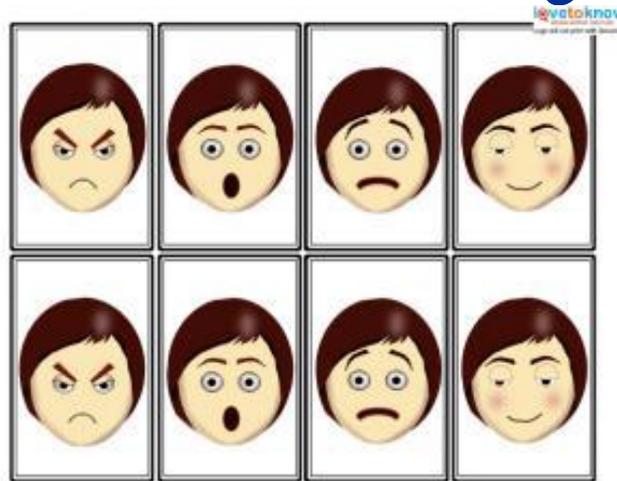
Three to five 2 x 4 wood planks
Construction Paper
Three different colors of paint

What you will need to do:

Paint each 2x4 a different color. Lay them on the ground in a zig-zag pattern, connecting at each end. With construction paper cut out large circles. Lay them along side the 2x4's. Have your child start at one end of the zig-zag and another person start at the other end. The ground is lava (or anything else your child has interest in but it can not be touched)! Your child may step on the construction paper circles for a safe zone to get around the other person if need be, it is suppose to be a little obstacle course as

well! You may add stuffed animals or other objects to create a theme to make it more or less complicated.

Facial Expression Memory



What you will need:

Memory cards

Printer

Card stock paper

Scissors

What you will need to do:

Print out the memory cards on some card stock. Then cut them out. Lay all the cards face down in a grid on a table. Each player can take turns turning over two cards. If the cards are a matched

pair, the player can set them aside and turn over another pair. If they are not a match, the player returns the cards face-down to the grid and the other player takes a turn. When a player gets a pair, they need to state what expression is being made. The player with the most matched pairs wins!

Activity found at: Wilson-Miller, Kate. Printable Games For Autistic Children. Retrieved from http://autism.lovetoknow.com/Games_for_Autistic_Children

Red Light, Green Light



What you will need:

Red Construction Paper
Green Construction Paper
Scissors
Popsicle sticks

What you will need to do:

Cut both pieces of construction paper into large circles. Attach the circles to popsicle sticks. Have someone start at one end of the room, they will be the caller, and the other people (or person) start at the other end. The caller will call out Red Light or Green Light and hold up corresponding colored signs. On Green light the players can move, on Red Light the players must stop. To make things more interesting the caller can move around the room. This way the players behind can now be in front and vice versa. Once a player gets to the caller, this player now becomes the caller!

Messy Backyard



What you will need:

About 15-20 different objects that can be thrown
2 or more people

What you will need to do:

This game should be played outside so nothing gets broken! First you will need make teams, evenly if possible. Then line up all the

objects in the center of the assigned space. Have the referee count down, 3-2-1-GO! At GO each side can run to the center line. Each team tries to throw as many objects onto the opposite side in 3 minutes. At the end of three minutes each side needs to count how many objects is on their side. The side with the most objects wins!

Crafts!

Colored Rice Mosaic
Draw My Face
Musical Instruments
Paper Mache

Colored Rice Mosaic



What you will need:

1 cup dry white rice

1 teaspoon rubbing alcohol or white vinegar

Food coloring

Medium size bowl & spoon

Waxed paper or aluminum

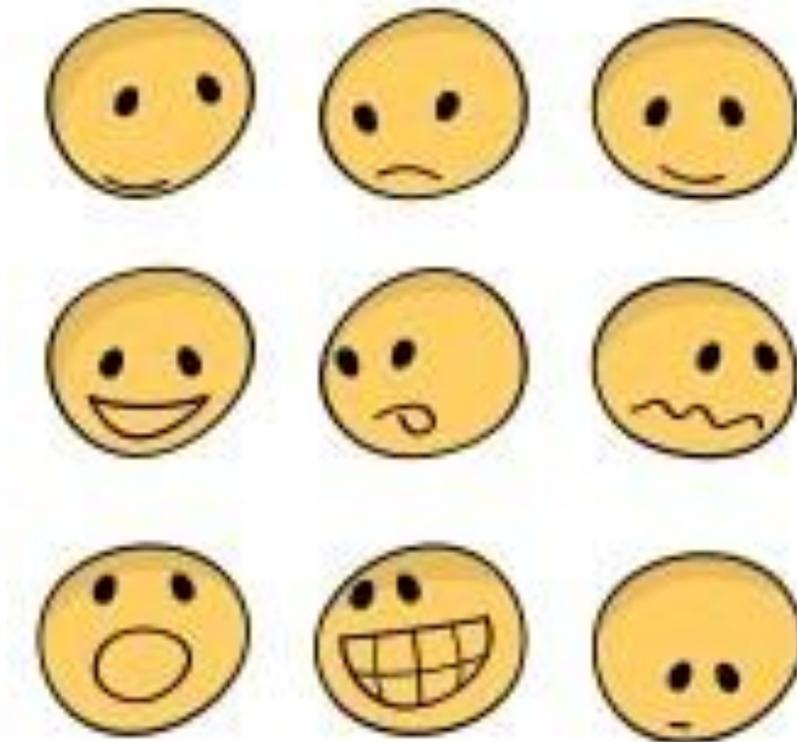
What you will need to do:

Making the Colored Rice: Measure the dry rice into a bowl. Add the rubbing alcohol or vinegar, and stir well to coat. Drop on the food coloring, stirring between each drop. Add food coloring, and keep mixing until the rice is your desired color. Place a sheet of waxed paper or foil on a flat surface. Pour the colored rice onto the waxed paper or aluminum foil. Allow the colored rice to dry completely. This usually takes about 30-60 minutes. Repeat steps to make additional colors of rice.

Making Art with the Colored Rice: To make a mosaic, have the child draw a simple a design onto a piece of card stock or thin cardboard. Add glue to the design, one area at a time, and then sprinkle on the colored rice. Children with ASD might become over stimulated if given too much rice at once, so it is best to put the rice in small paper cups (bathroom size works well). Also, when applying the glue, give children a small amount with a paintbrush- this helps with the “over squeeze” we often see children engaging in when given the glue container. This activity can be a nice way to teach shapes and colors for younger children by filling simple outlines. For older children, more intricate designs can be incorporated.

Activity found at: Ullman, Pamela. (2011). “Art As Therapy”: Sensory Activities For Children with Autism. Retrieved from <http://www.pediastaff.com/blog/art-as-therapy-sensory-activities-for-the-child-with-autism-2495>

Draw My Face



What you will need:

A couple pieces of paper
Crayons, markers, etc.

What you will need to do:

Have your child draw a large circle on a piece of paper. You can demonstrate a variety of emotions through your facial expressions. Have your child draw the face you are making and assist her in labeling the emotions, like happy, sad or angry.

Activity found at: Cirelli, Cheryl. Activities for Autistic Children. Retrieved from http://autism.lovetoknow.com/Activities_for_Autistic_Children

Musical Instruments



What you will need:

Empty Water Bottle or Paper Towel Tube

Anything small that can make noise (beans, rice, rocks, beads, buttons, sand, etc.)

Flat back tacks (optional)

Tape

What you will need to do:

Water Bottle: For the water bottle all you need to do is fill it with beans, rocks, rice, etc. of your choice. To get a rain stick effect stick flat back tacks all around the water bottle. Feel free to decorate the outside with stickers, decorative tape or construction paper to make it look more inviting and to keep the tacks in place. Then start shaking your new hand made instrument!

Paper Towel Tube: For the paper towel tube you will do basically the same thing as the water bottle but for this one you need to remember you have two ends to seal up! Start by taping one end of the paper towel tube. Fill your paper towel tube with the contents of your choice then tape up the other end. If you want a rain stick effect stick the flat back tacks all around the paper towel tube. Cover the entire thing with construction paper, stickers or wrapping paper and you are finished!

Paper Mâché



What you will need:

Newspaper or tissue paper

Water

Elmers Glue

Paint Brush

An object to paper mâché (small bowl, figurine, candle holder, etc.)

Bowl

What you will need to do:

First in a mix 1/2 water and 1/2 elmers glue. Then take your newspaper or tissue paper and tear it into shreds. Once you have an object to paper mâché cover a small section with the water-glue mixture using your paint brush. Then add the newspaper or

paper tissue to your object. Repeat my section until your entire object is filled! Add multiple layers to get a more colors of tissue paper or more newspaper!