

GUIDE  
DOGS



# Make Sense

Finding the way through sensory play

## Sensory Sessions

# Make Sense

Finding the way through sensory play

## Sensory Sessions

The following sensory sessions encourage your pupils to explore the senses via creative play and crafts. Each session is arranged by sense and will get your pupils up and out of their seats and learning about their senses.

Use the sensory session report to organise findings and encourage your pupils to discuss their feelings.

To make the sessions more challenging, try using your blindfolds or sim specs during the sessions!



# Activity Sheet

## Sensory session Report

**What did I do?** (Name of the task)

**What did I use?** (Describe the equipment and ingredients and each stage of the task)

**What happened?**

**Did it go to plan?**

**What would I change?**

**The senses I used?**

**What does it look like?**

**What does it feel like?**

**Does it smell?**

**Does it make a noise?**

**Can I eat it?**

**When I was blindfolded it made me feel:**

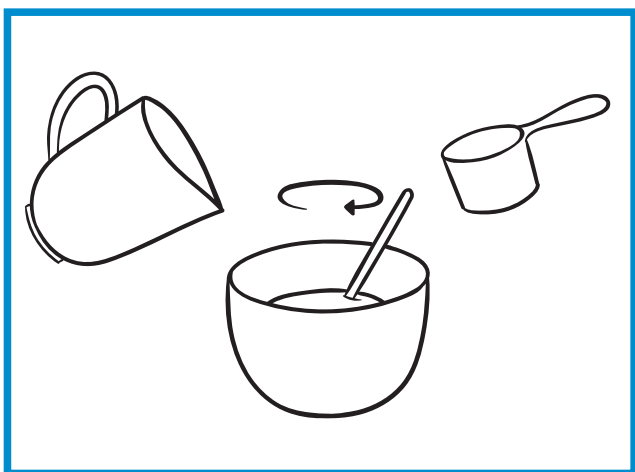
# Sense of sight

## Salt Sculptures

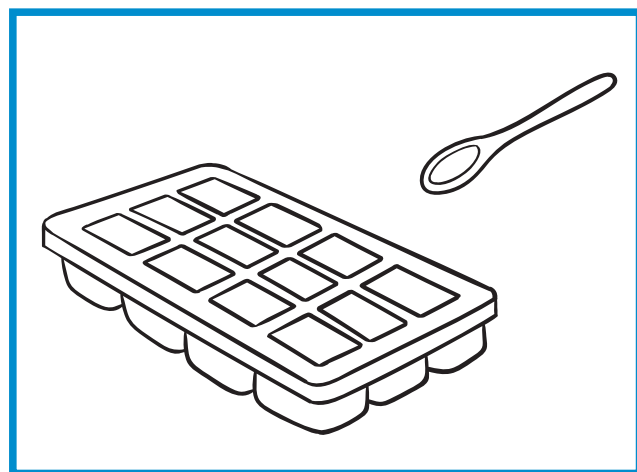
- 3 cups of table salt
- 3 cups of water
- Moulds (any type you want, ice trays, shaped food containers, plastic cups etc)
- Pipettes
- Watercolour paints or food colourings



## Method

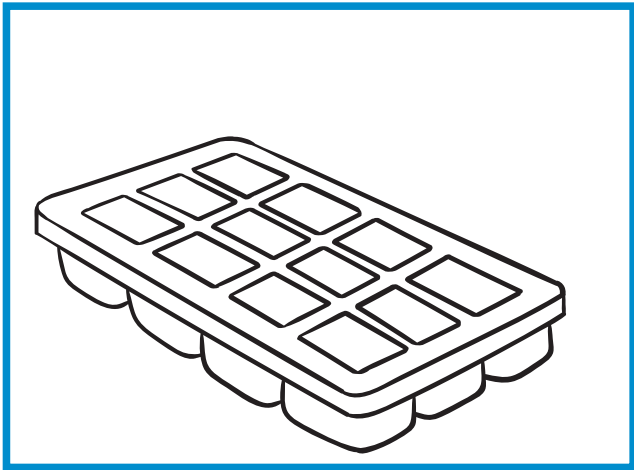


1. Mix the 3 cups of salt with the 3 cups of water in a bowl. It will need to be extremely well mixed until all the salt is crumbly and wet.

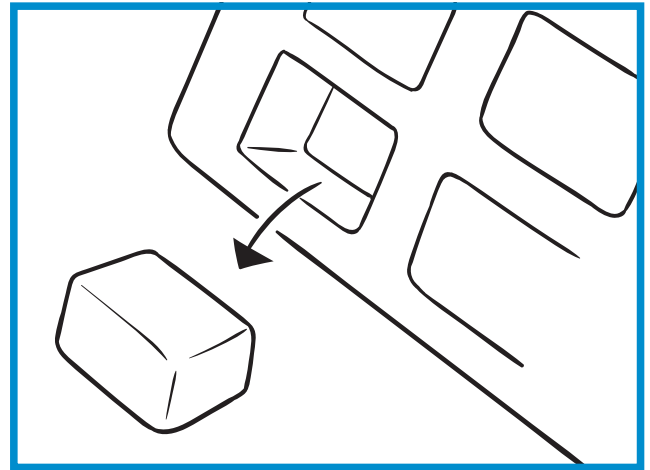


2. Put the salt mixture into your mould and pack in firmly.

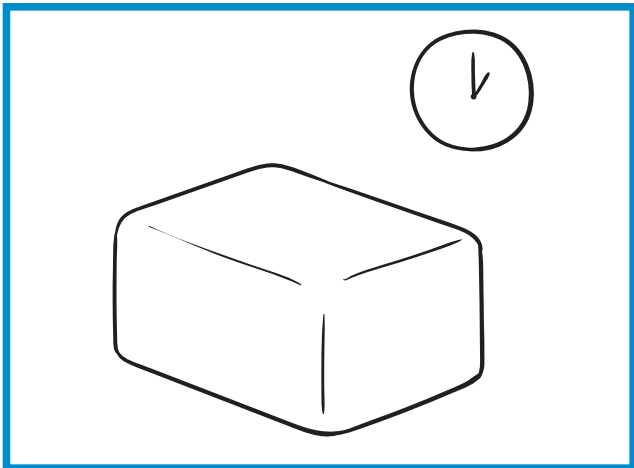




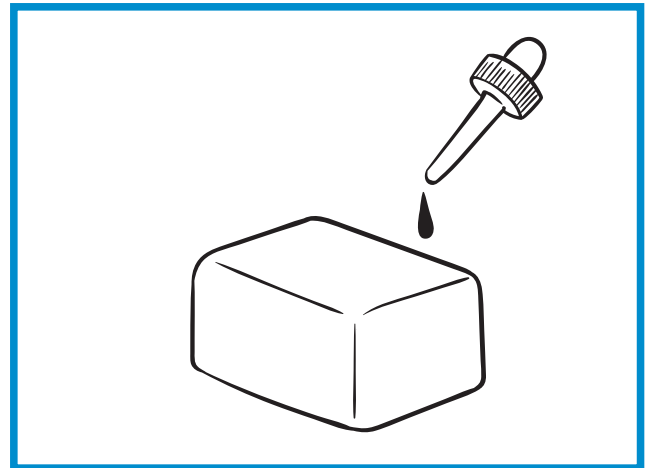
- 3.** Leave to dry for at least 12 hours (although 24 hours is best).



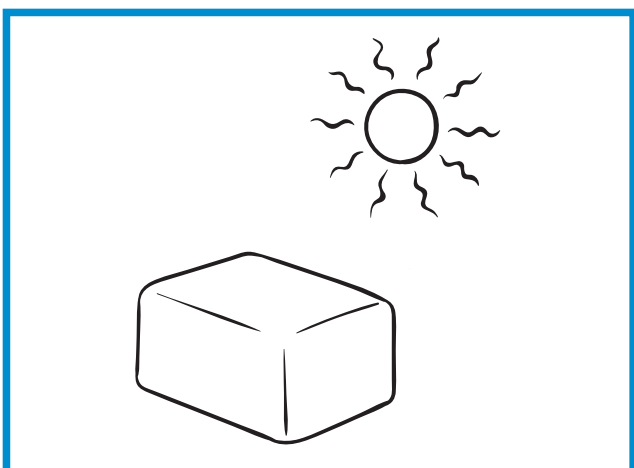
- 4.** Slide the creation out of your mould.



- 5.** Allow to dry for at least another 12 hours (again, 24 hours is best).



- 6.** Once hard to the touch use pipettes to drop droplets of paint or food colouring onto the sculpture.



- 7.** Allow to dry before moving the sculpture by hand.

**If some salt remains dry whilst mixing add water a drop at a time, about  $\frac{1}{4}$  tablespoon on each application.**

**Using pipettes to drop colour onto the salt sculpture will eliminate the chance of the sculpture being damaged by using brushes.**

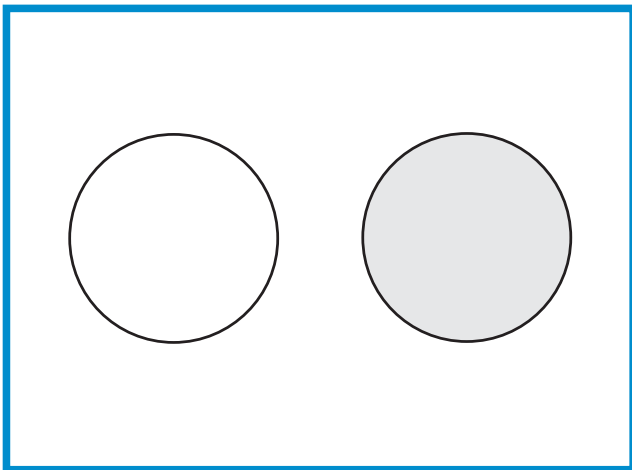
# Sense of sight

## Kaleidoscope

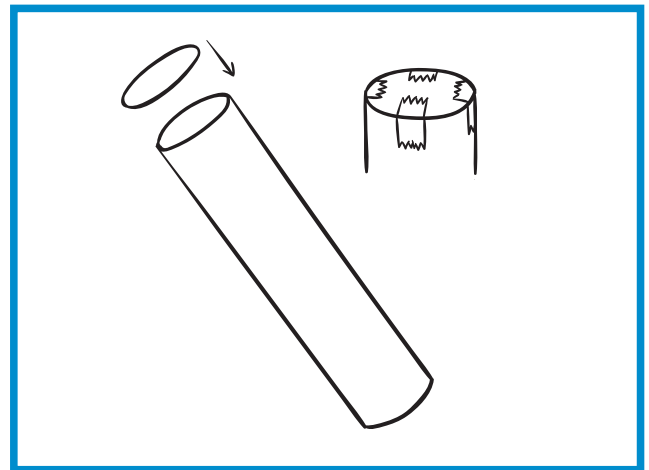
- Kitchen Roll (23cm in length, approximately 5.3cm in diameter)
- Mirror Card (or can use foil glued onto cardboard)
- Glue
- Sticky Tape
- Scissors
- 3 transparent plastic discs (can be cut from old food containers)
- Small transparent colourful objects (sweet wrappers, transparent lego pieces, beads etc)
- Cardboard



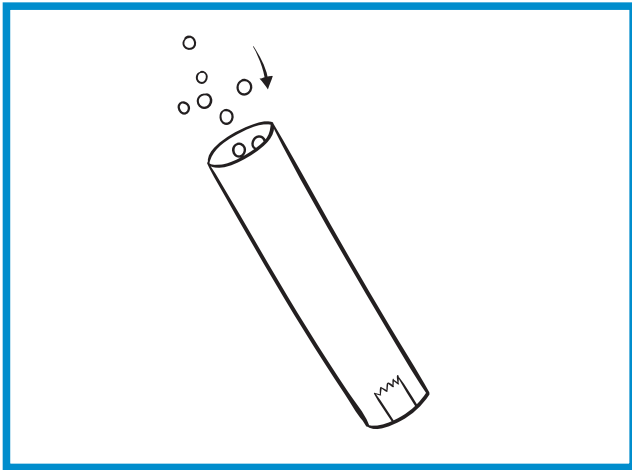
## Method



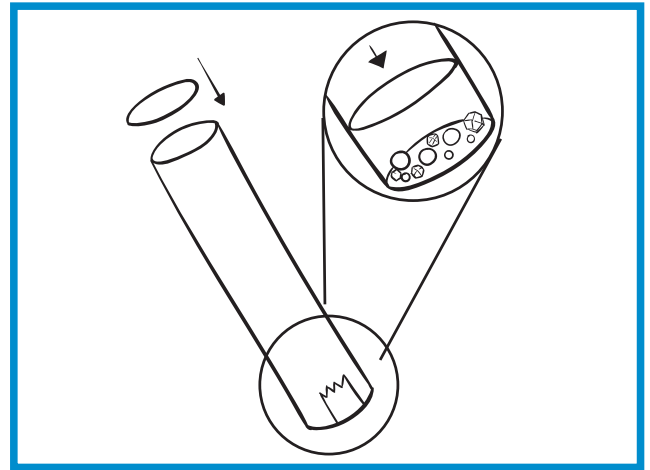
1. Cut 2 plastic discs each with a diameter of 5.3cm's. One disc needs to be frosted plastic (if you don't have frosted plastic, glue a circle of greaseproof paper onto the plastic disc).



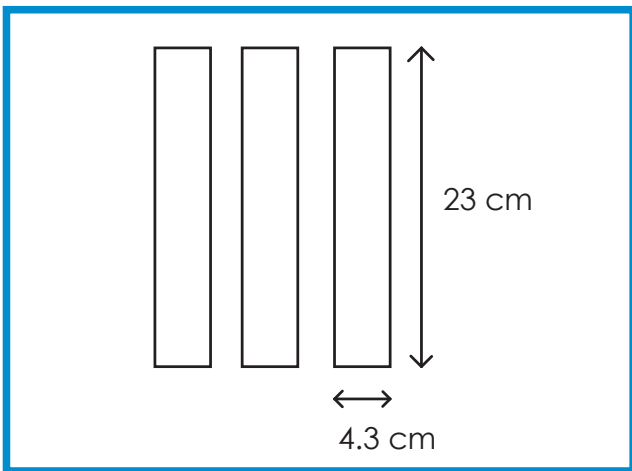
2. Put the transparent disc on top of the kitchen roll and tape into place.



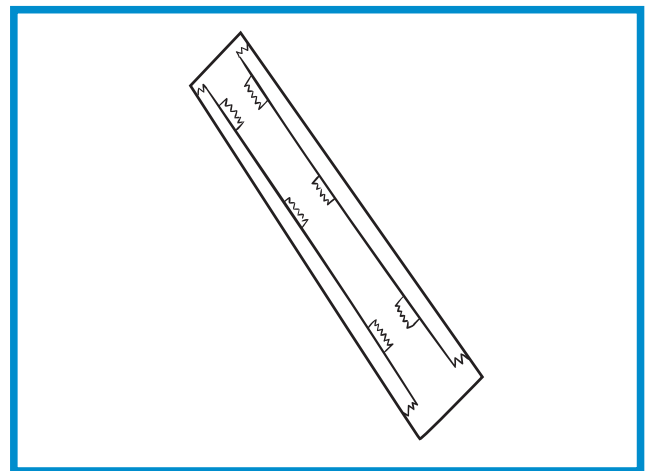
- 3.** Pour your beads etc into the tube so they sit on top of the transparent plastic disc. Allow them to have enough room to move about.



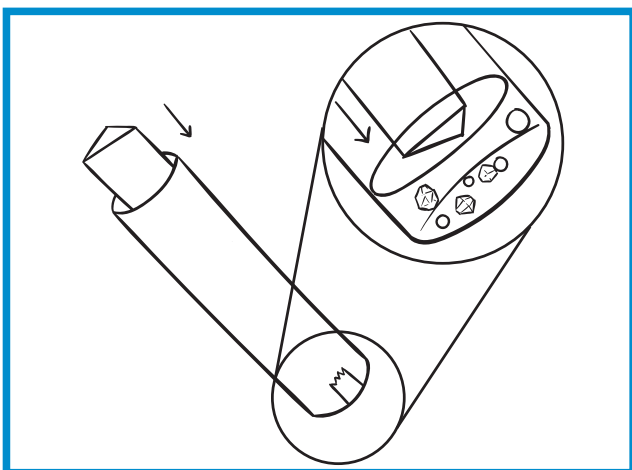
- 4.** Put the frosted plastic disc on top of the beads etc.



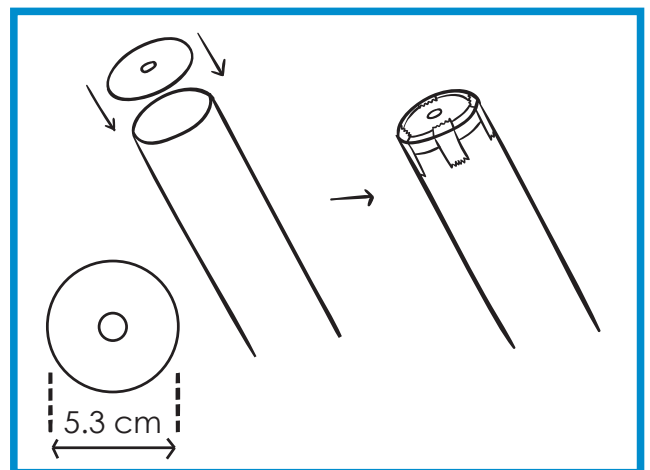
- 5.** Cut the mirrored card (or foil glued onto cardboard) into 3 strips measuring 23 cm in length and 4.3 cm in width.



- 6.** Using the sticky tape attach all three sides to form a triangular prism with the shiny side facing inwards.



- 7.** Slide the prism into the kitchen roll so that it is flush to one end.



- 8.** Turn the kaleidoscope over and attach a disc of card with a diameter of 5.3cm to the other end. This disc will need a central circular peephole cutting into it.

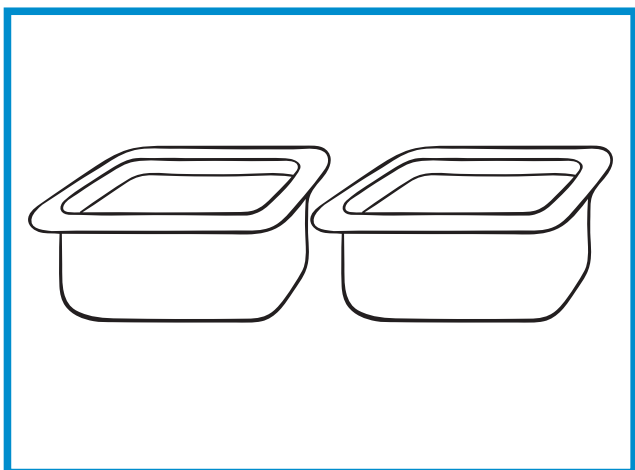
# Sense of sight

## Blindfold Jam Sandwich Making

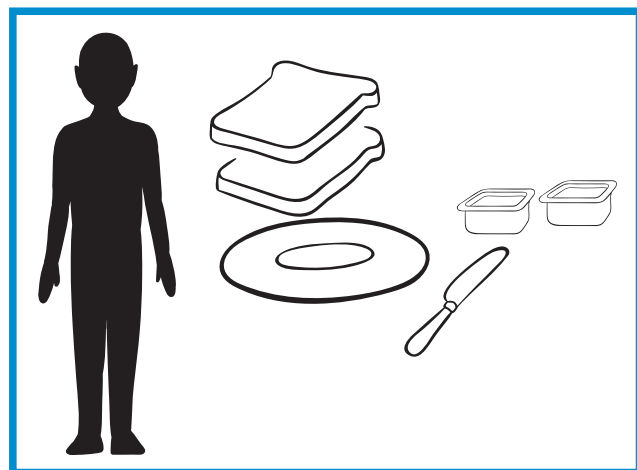
- Bread
- Jam
- Butter
- Plastic knives
- Plastic/paper plates
- Small containers
- Blindfolds



## Method



1. Into separate small containers put in enough butter and jam for each person doing the challenge.



2. Give each person a paper plate with 2 slices of bread, the small containers of butter and jam and a knife.



3. Tie the blindfold in place and attempt to make a jam sandwich.

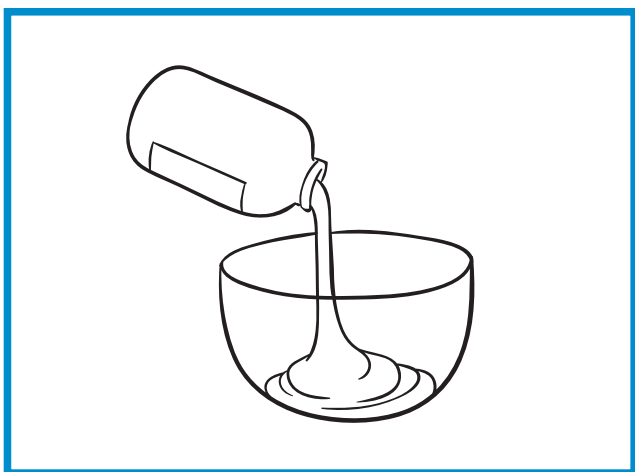
# Sense of sight

## Glitter Slime

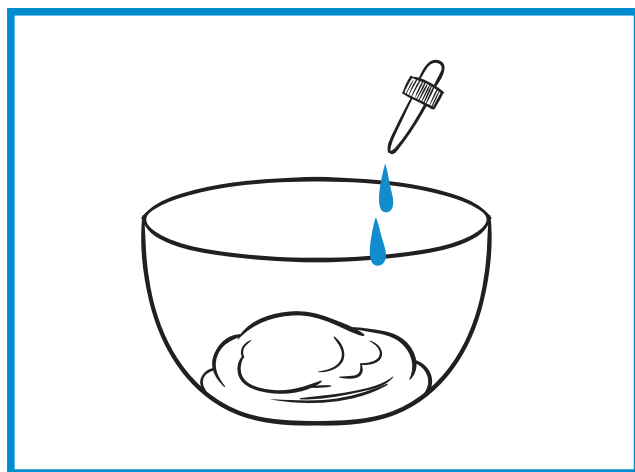
- 10 oz of PVA based glue
- 1 bottle of Bio laundry gel. This will need to be either Persil or Almart (available in Aldi)
- ¼ cup of glitter (one colour or various)
- Food colouring



## Method



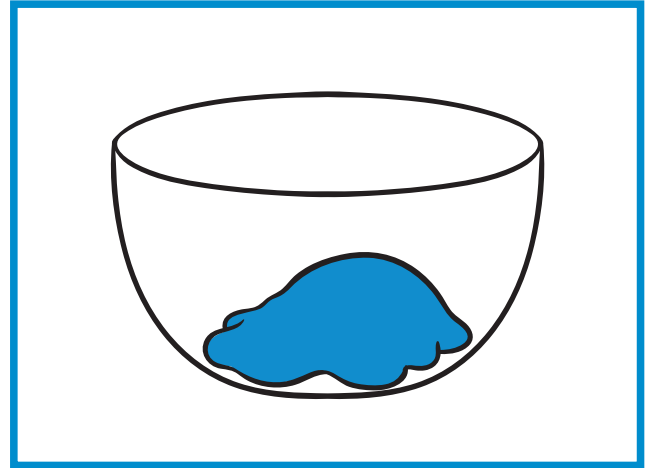
1. In a glass or metal bowl pour in the glue. The amount of slime you make will be determined by the amount of glue you add.



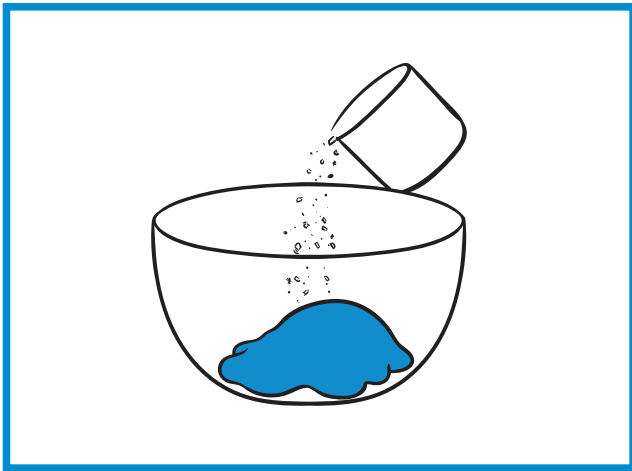
2. Add in drops of food colouring until the desired colour is achieved.



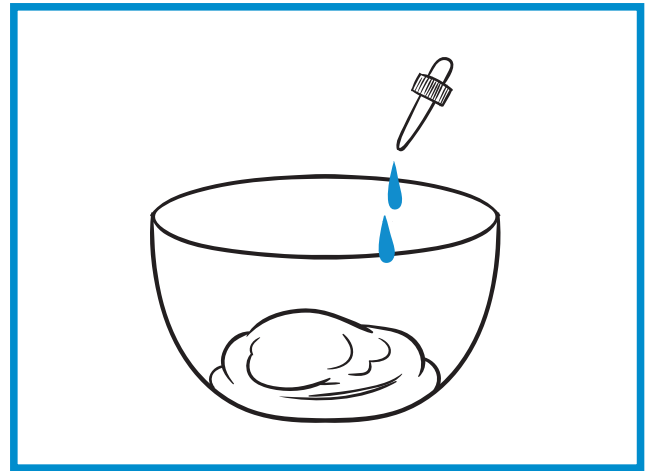
- 3.** Slowly start to add the laundry gel. Add a tablespoon at a time and stir after each application.



- 4.** Continue to add laundry gel until the slime is no longer sticking to the sides of the bowl.



- 5.** Sprinkle in the glitter



- 6.** Stretch and knead the slime to finish mixing it together.

**If it's too sticky add a little more gel, a tablespoon at a time. If the slime is stringy but not sticky add more glue a tablespoon at a time.**



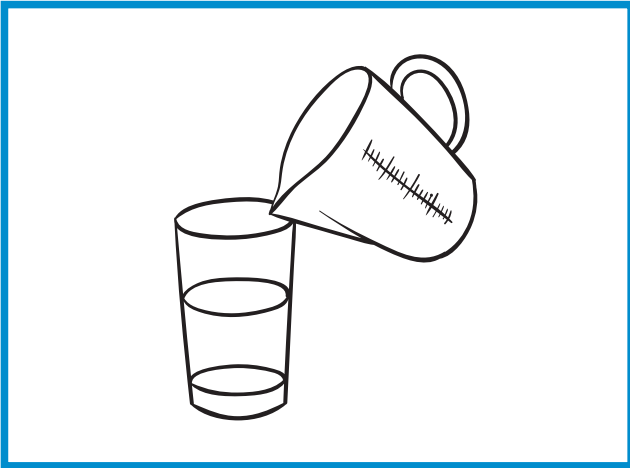
# Sense of sight

## Celery Coloured Water Experiment

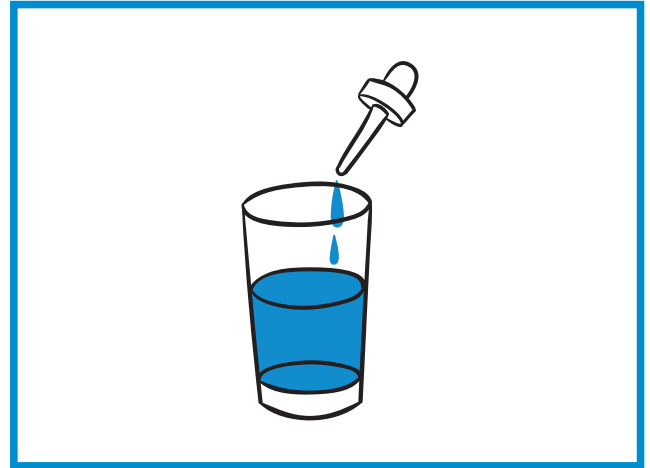
- Celery stalks (with leaves)
- Tall glass or jar
- Food colouring (one colour for each glass/jar)
- Water
- Scissors



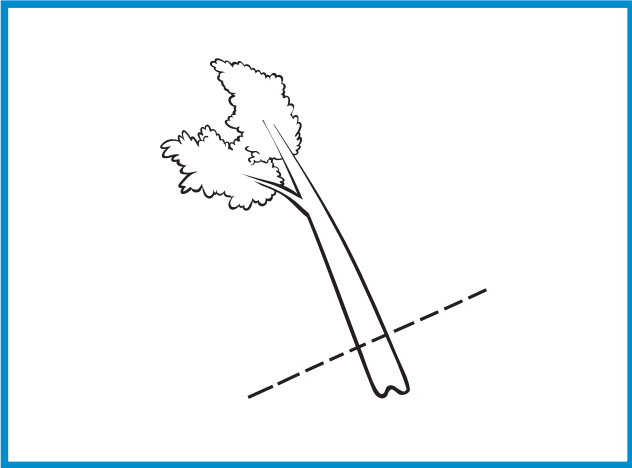
### Method



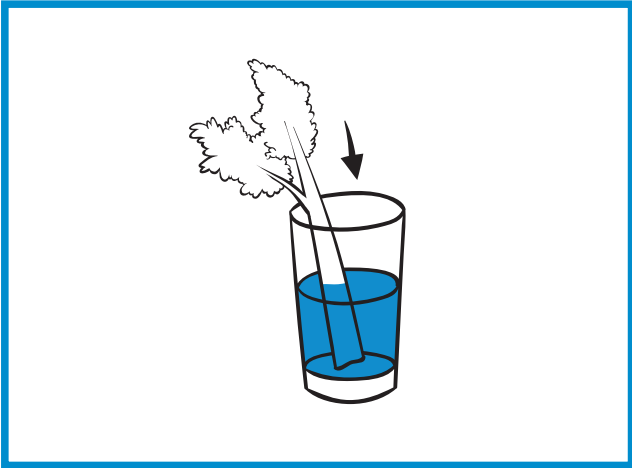
1. Carefully pour water into the glass or jar until it is half full.



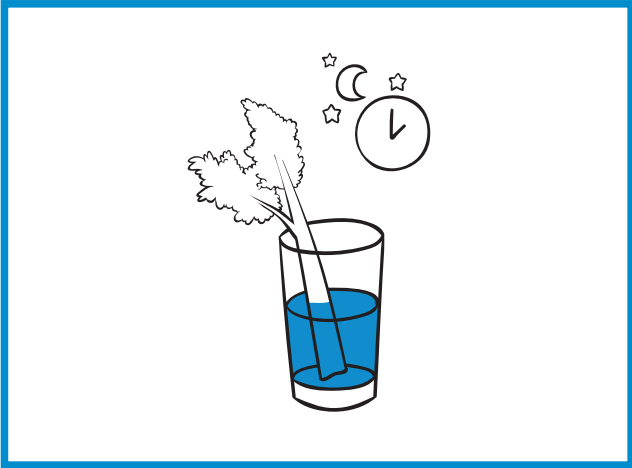
2. Add in drops of food colouring until the desired colour is achieved.



**3.** Carefully trim the bottom of the celery (but leave the leaves on).



**4.** Place the celery stick into the glass or jar of coloured water.



**5.** Leave overnight

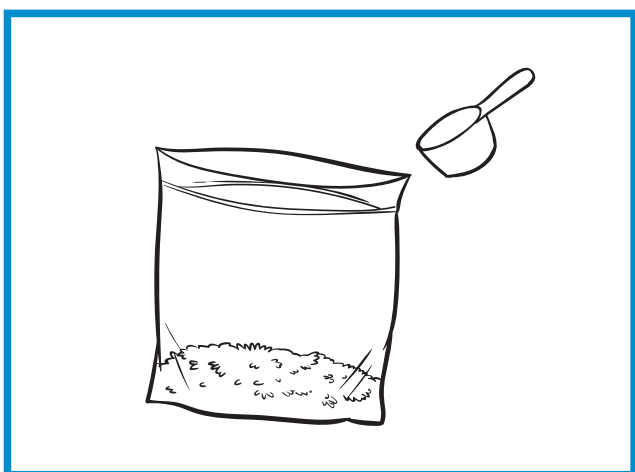
# Sense of sight

## Coloured Rice

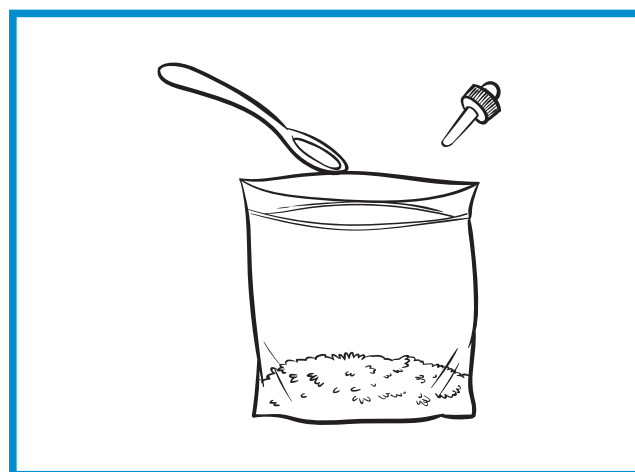
- 1 cup of white rice per colour
- Sealable Tupperware container or Ziploc bag
- Water
- Food Colouring



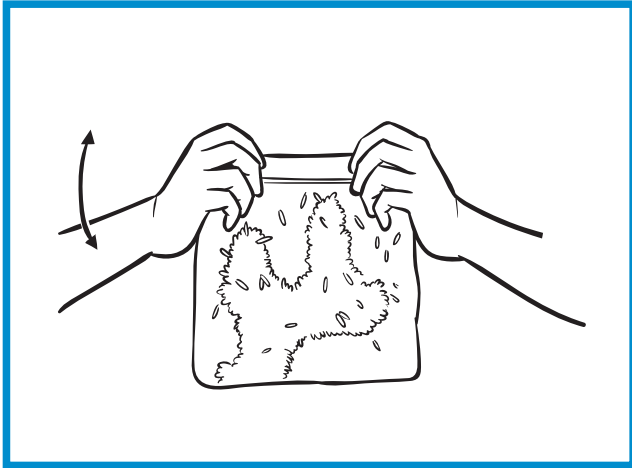
## Method



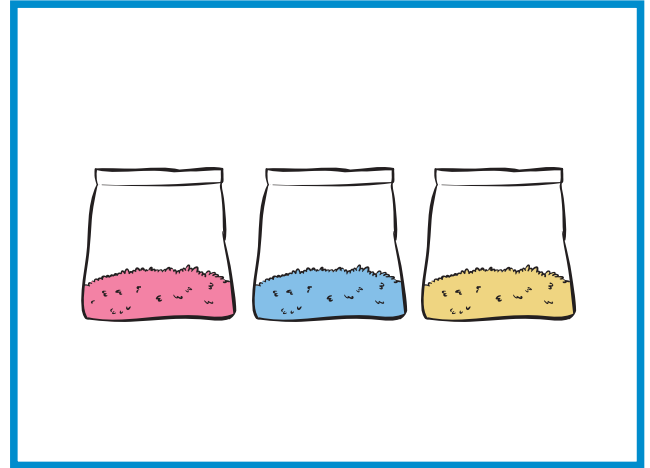
1. Measure out 1 cup of rice into a sealable Tupperware container or Ziploc bag.



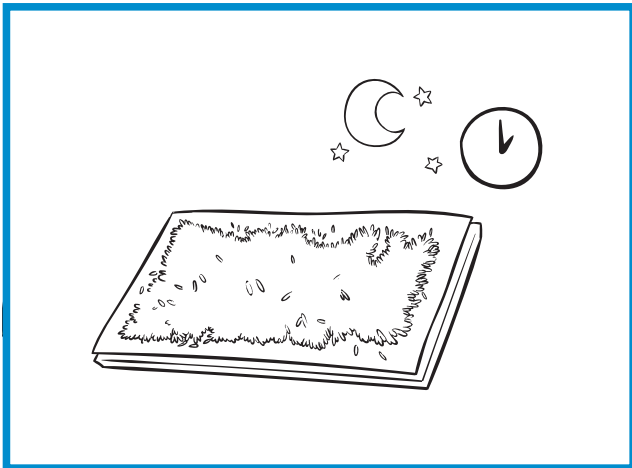
2. Add 10 drops of food colouring to 1 teaspoon of water.



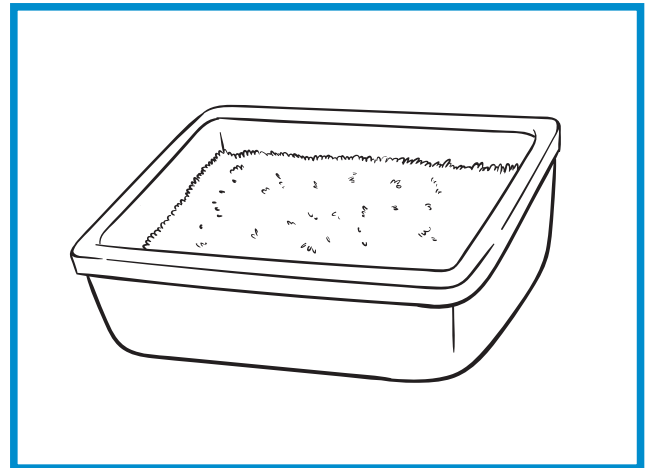
- 3.** Seal the container or bag and shake very well until the rice has been completely coated with colour.



- 4.** Repeat steps 1-3 for every new colour of rice you wish to create.



- 5.** Spread the rice out on grease proof paper or another resistant surface and allow to dry for at least 8 hours or ideally overnight.



- 6.** Once dry empty all the bags onto a large tray or contained play area and use the coloured rice to make patterns.

# Sense of sight

## Coloured Pasta

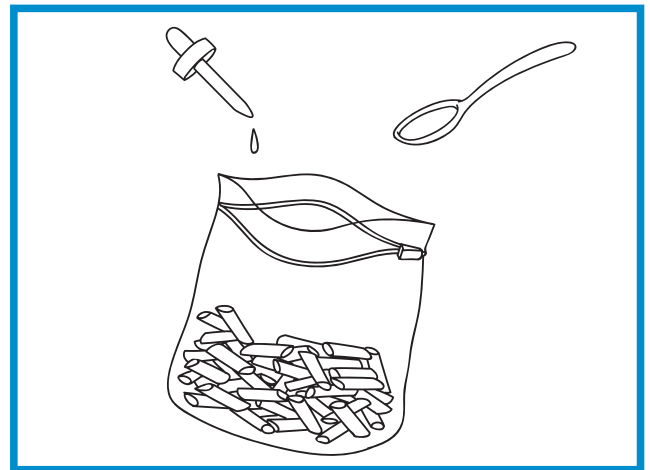
- ½ cup of dry pasta
- Sealable Tupperware container or Ziploc bag
- Water
- Food Colouring



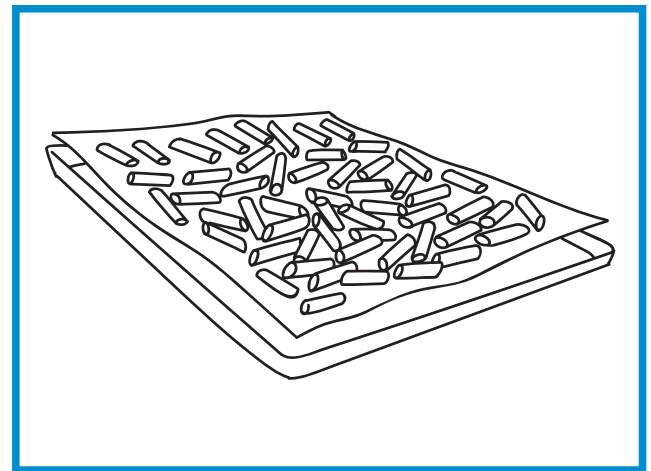
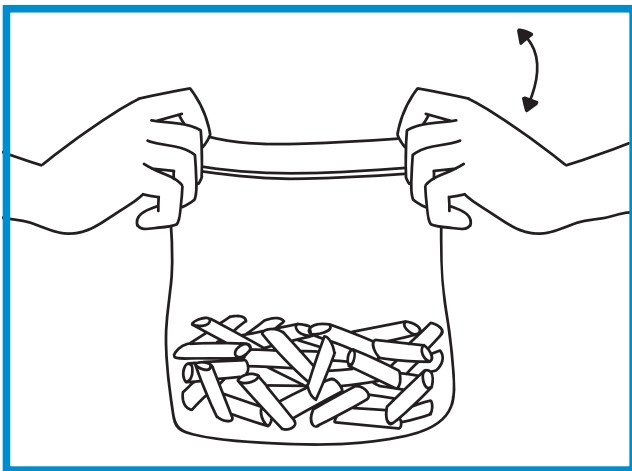
## Method



1. Measure out ½ cup of pasta into a sealable Tupperware container or Ziploc bag.



2. Add 1 teaspoon of water and 10 drops of food colouring.



3. Seal the container or bag and shake very well until the pasta has been completely coated. Larger sized pasta may take more food colouring. If you need to add more, add 1 teaspoon at a time.
4. Spread the pasta out on grease proof paper or another resistant surface and allow to dry overnight.

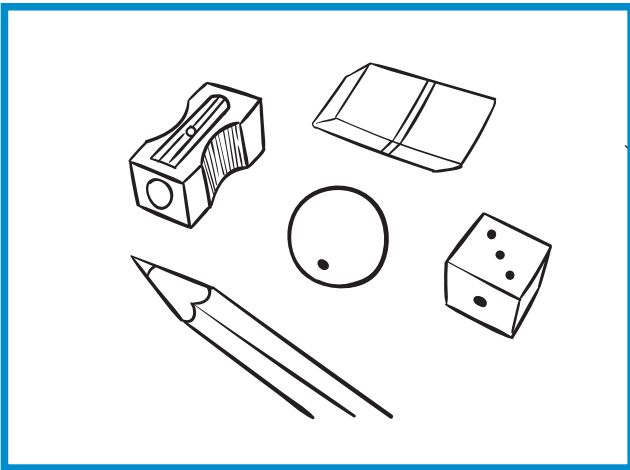
# Sense of sight

## Observation memory game

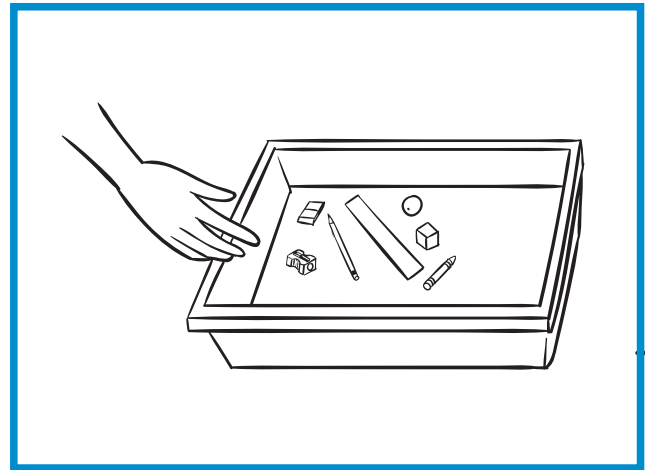
- A large tray (big enough to hold 10 items)
- 10 random items from the classroom (this can include; a pencil, a sharpener, board markers etc.)
- Some paper
- A pen
- A stopwatch or clock



## Method

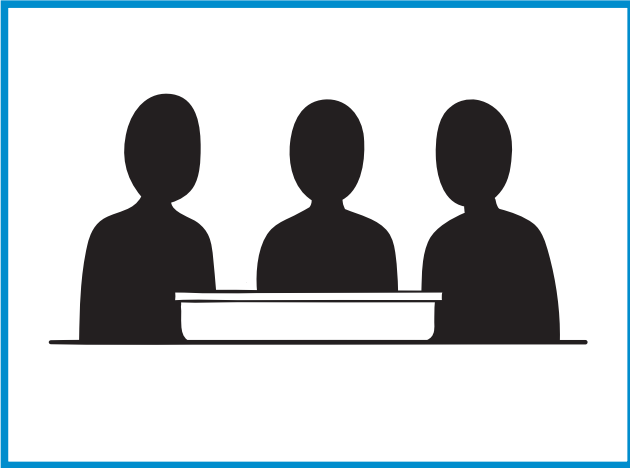


1. Collect 10 random items from your classroom.

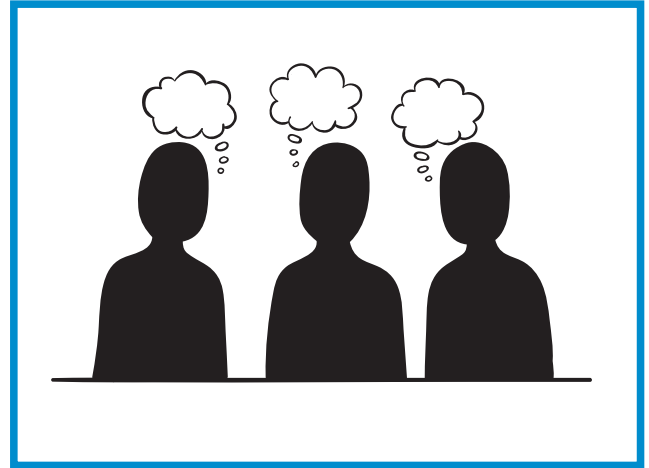


2. Place the items on the tray separating them out.





- 3.** Place the tray in front of the children taking part and ask them to study it carefully for 60 seconds.



- 4.** After 60 seconds take the tray away and instruct the children to remember as many items as they can and write them down (this can be done separately or in teams).



- 5.** The winner is the one who remembers most items! (you could make it really hard and ask the children to remember them in order).

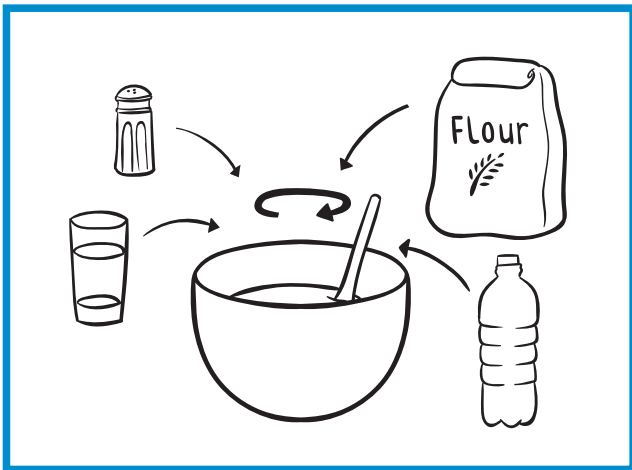
# Sense of smell

## Scented Playdough

- 250g plain flour
- 50g salt
- 140ml water
- 1 to 2 tablespoons cooking oil
- few drops food colouring
- Selection of dried herbs



## Method



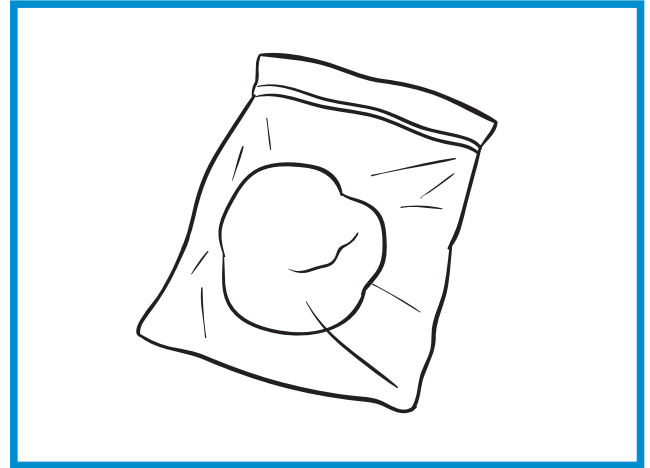
1. In a large bowl, mix together the flour and then add in the water and oil.



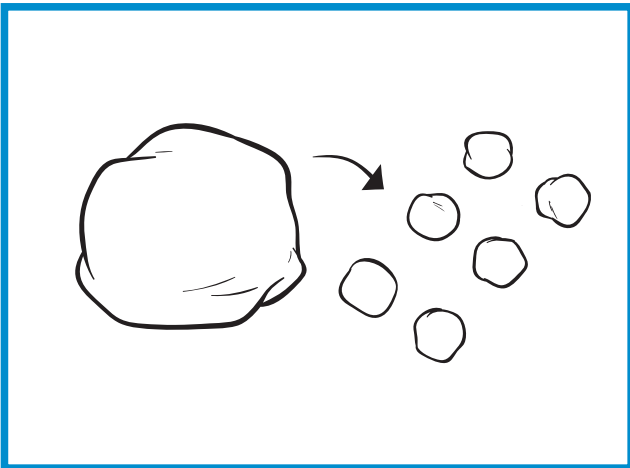
2. The mixture will need to be kneaded until it is smooth which will take approximately 10 minutes. You might need to add a bit more flour or water until you have the correct consistency (smooth but not sticky).



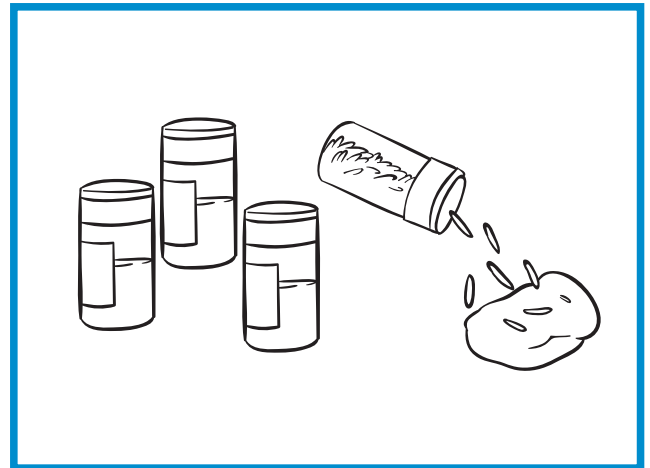
- 3.** Add in the food colouring and knead until the colour is fully mixed in.



- 4.** Store the dough in a plastic bag in the fridge until chilled enough to use (this will take approximately 1 hour).



- 5.** Separate out into the desired sized balls of dough.



- 6.** Select a different dried herb for each ball of dough and knead in a teaspoon sized quantity to give each ball of dough a different smell.

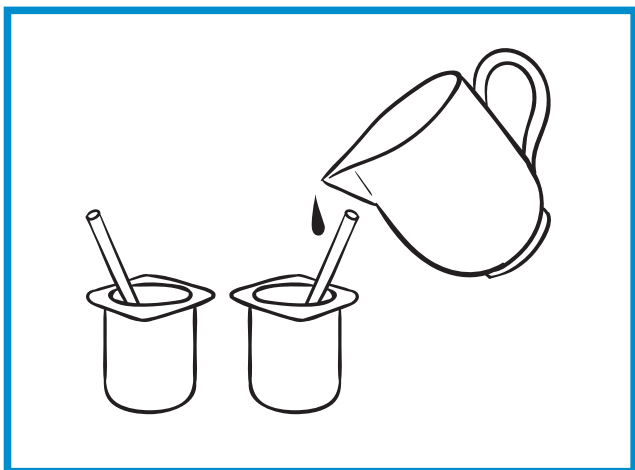
# Sense of smell

## Lollipop Painting

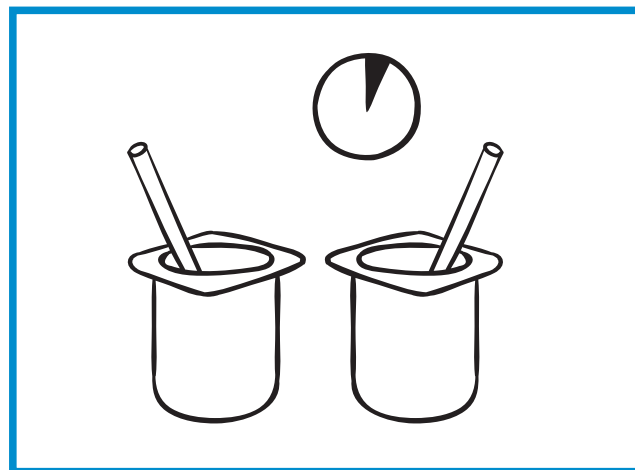
- A selection of different flavoured lollipops
- A small container for each lollipop
- Water
- Tray
- Paper



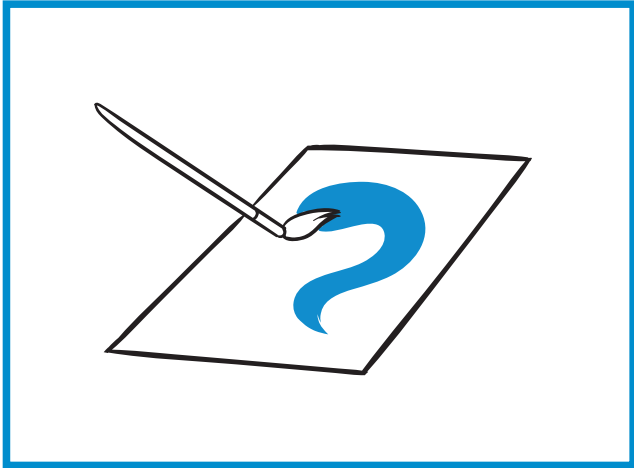
## Method



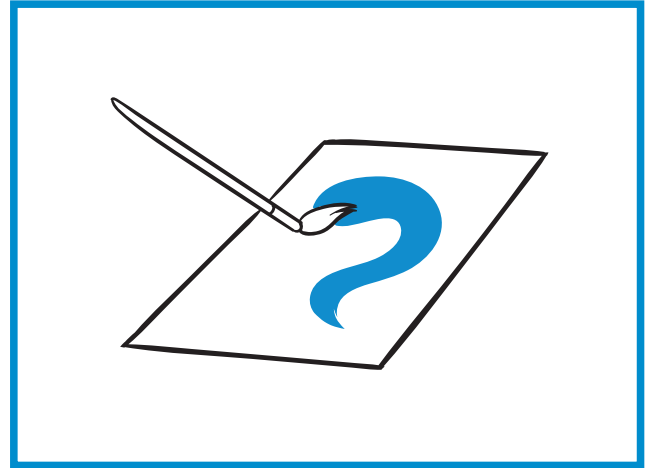
1. Place one lolly in each container and add just a little water.



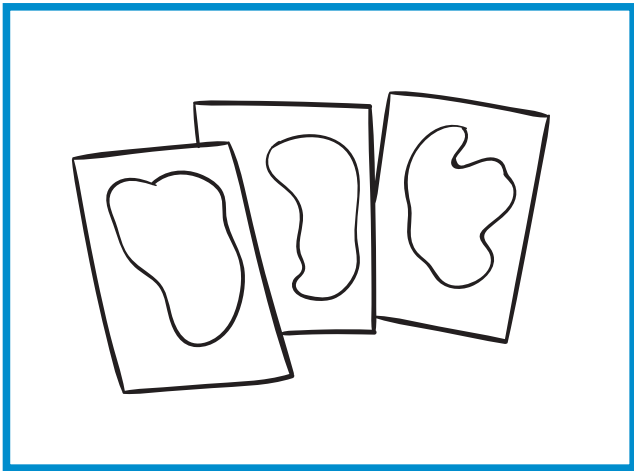
2. Leave the lollies to sit for approximately 3 minutes.



**3.** Take a lolly out of the water & dab it on the paper.



**4.** Repeat with all the lollies you have.



**5.** There won't be much colour when dabbing but you will be left with the scent of the lollies even when dry.

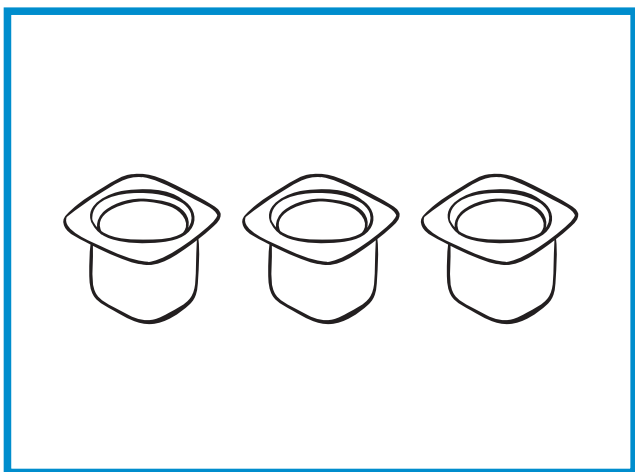
# Sense of smell

## Scented Painting

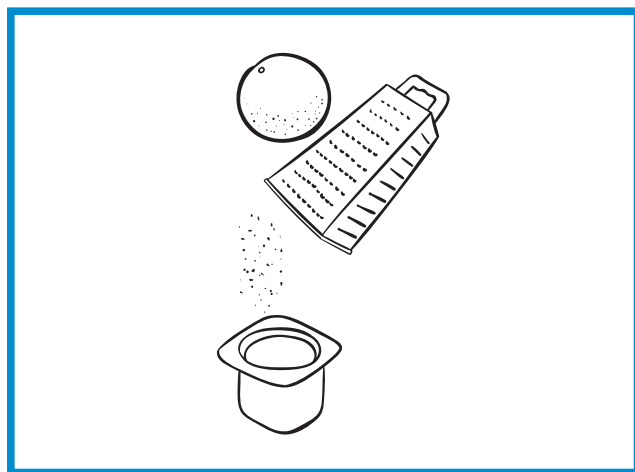
- Purple, Green, Yellow & Orange paint
- Paint pots
- Lavender
- Lemon
- Mint leaves
- Orange
- Grater
- Thick paper or card
- Paint brushes



## Method



1. Pour the desired amount of coloured paint into separate paint pots.

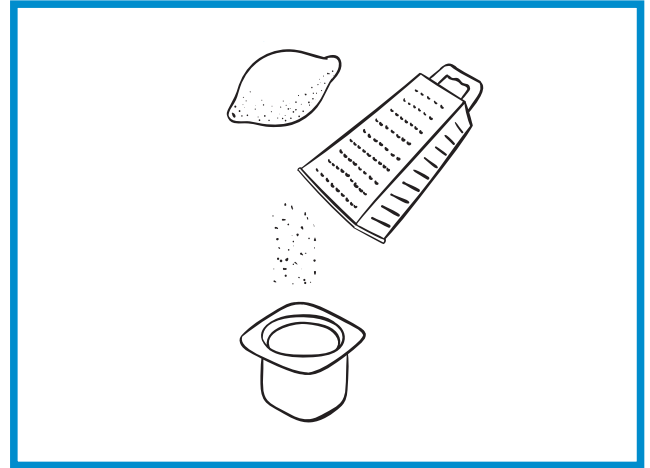


2. Grate orange rind into the orange paint.

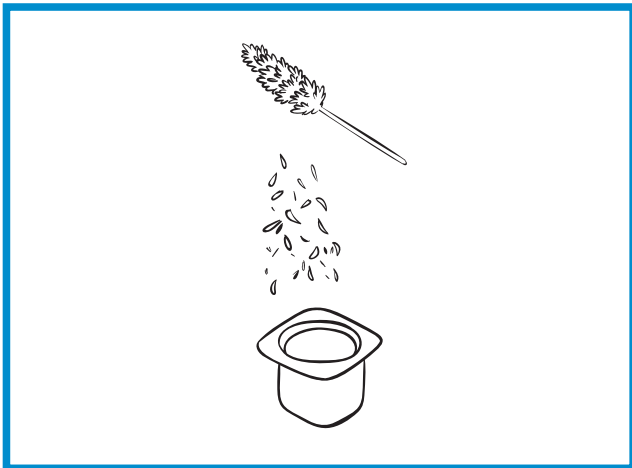




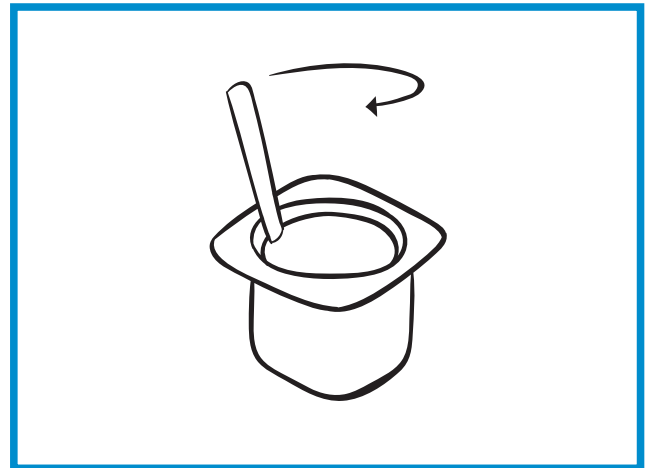
**3.** Tear mint leaves into the green paint



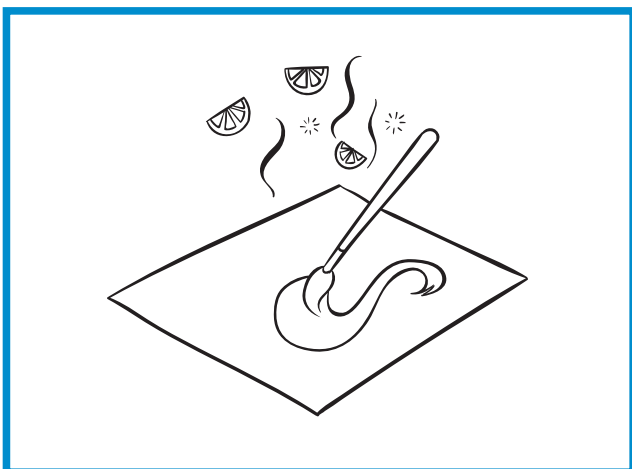
**4.** Grate lemon rind into the yellow paint.



**5.** Tear lavender into the purple paint.



**6.** Mix each pot well for 1 or 2 minutes.



**7.** Use your paint brushes to paint your scented paints onto your thick card or paper.

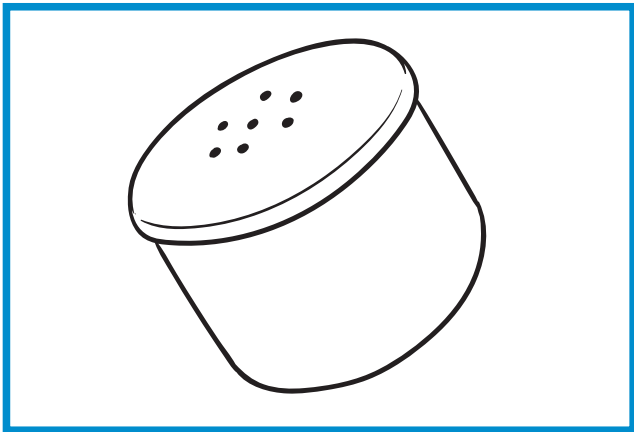
# Sense of smell

## Sensory Smell Pots

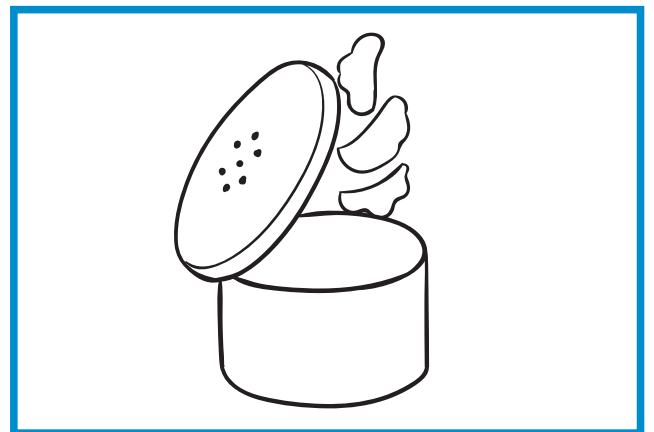
- Several small plastic non see through pots with plastic lids (such as a plastic container used for take away food, or an old ice cream carton).
- Several items to put in the pots for the children to smell. For example; an onion, orange peel, herbs, popcorn, garlic, soap or scents dripped onto cotton wool etc.
- Some paper
- A pen
- Cotton wool



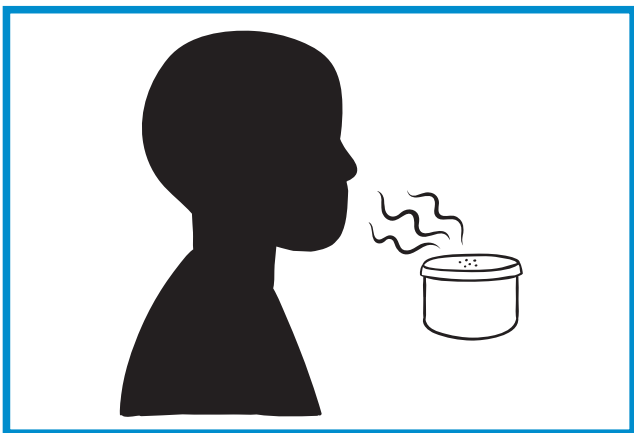
## Method



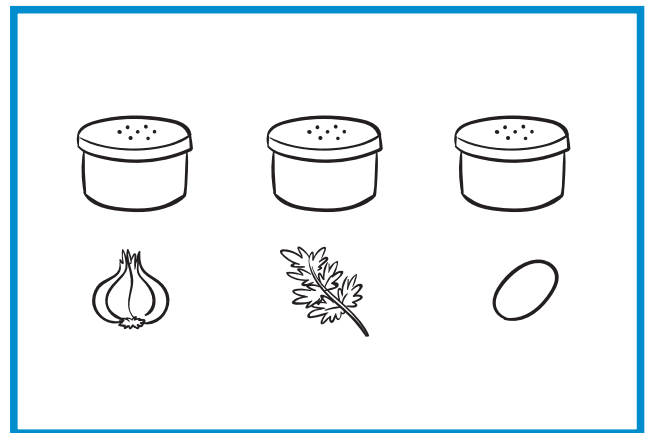
1. Start by making holes in the top of the pots, similar to a pepper pot.



2. Fill each pot with one of your chosen scents.



3. Now play a guessing game with the children, guess the smell through the holes in the lid of the pot.



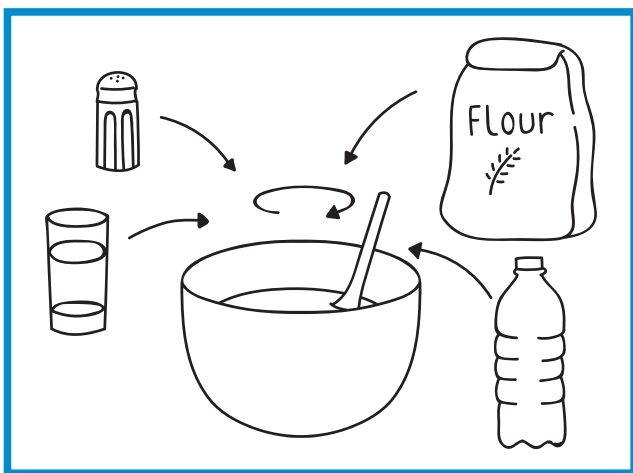
4. This can be enhanced by creating a matching game. Draw pictures of the items that create the smell and ask the child to match the pot with the picture.

# Sense of touch

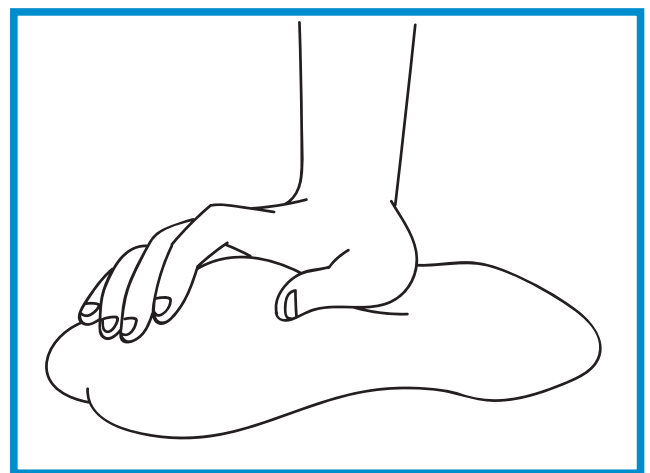
## Classic Playdough

- 250g plain flour
- 50g salt
- 140ml water
- 1 to 2 tablespoons cooking oil
- few drops of food colouring

## Method



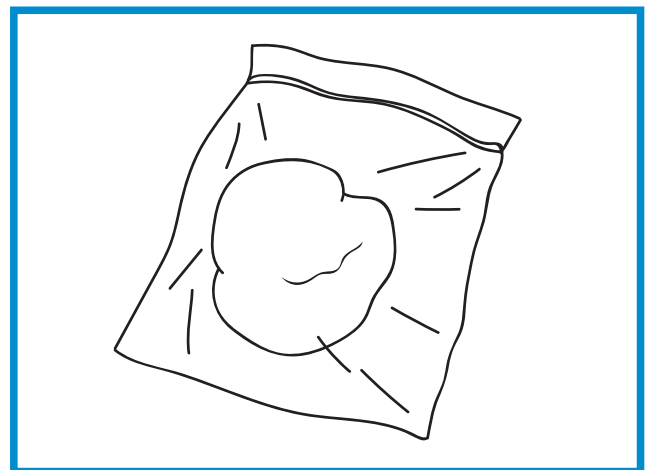
1. In a large bowl, mix together the flour and salt and then add the water and oil.



2. The mixture will need to be kneaded until it is smooth which will take approximately 10 minutes. You may need to add a bit more flour or water until the consistency is smooth but not sticky.



3. Add food colouring and knead until the colour is fully mixed in.



4. Store the dough in a plastic bag in the fridge until chilled enough to use (this will take approximately 1 hour).

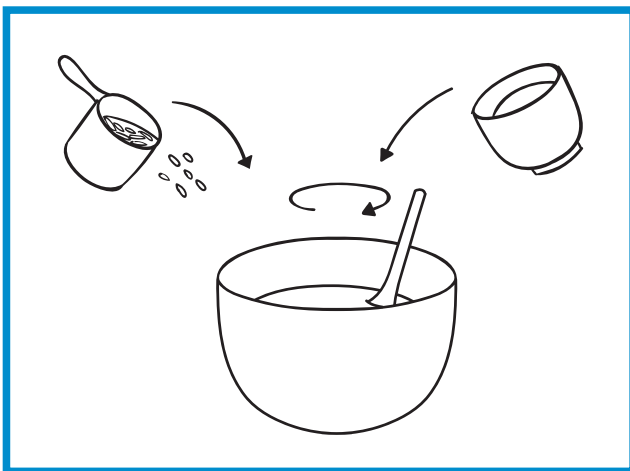


# Sense of touch

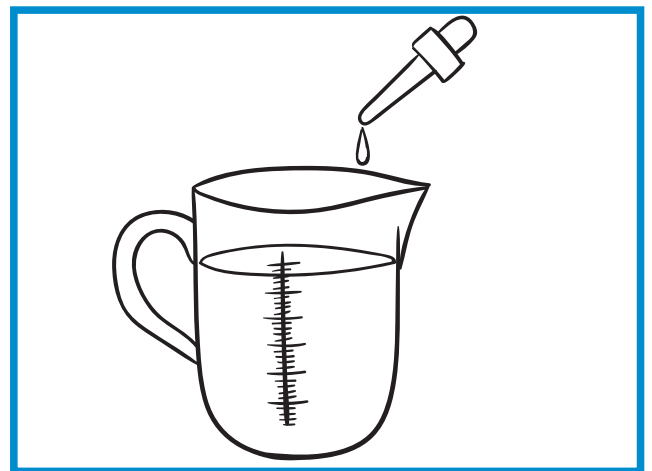
## Basil Seed Slime

- 2 cups of corn flour
- $\frac{1}{4}$  cup of edible basil seeds
- $2\frac{1}{2}$  cups of water
- Food Colouring

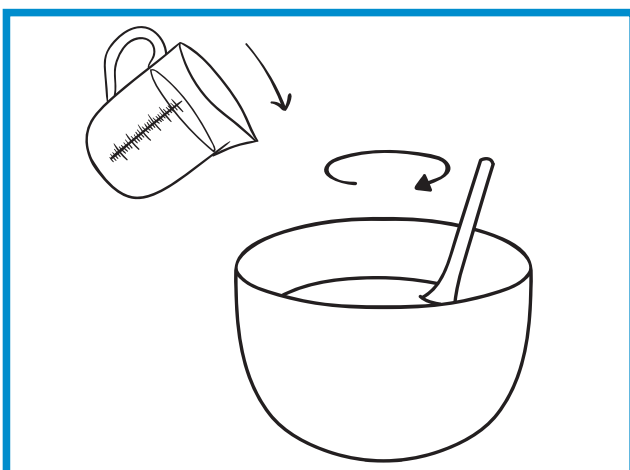
## Method



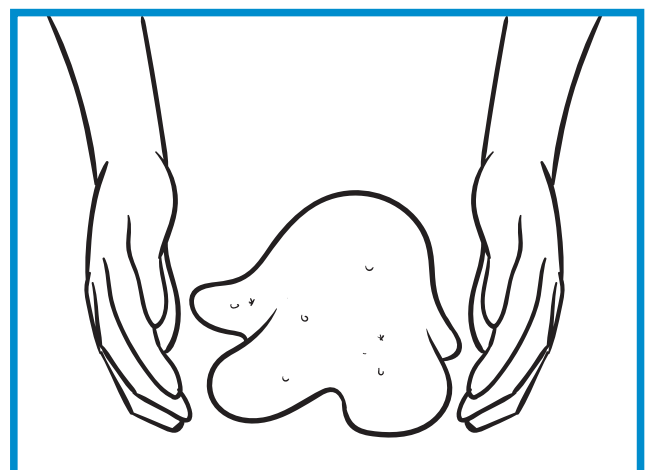
1. In a container or bowl pour in 2 cups of corn flour along with  $\frac{1}{4}$  cup of basil seeds and mix them together well.



2. Add food colouring to the  $2\frac{1}{2}$  cups of water until it is the desired colour.



3. Add the water into the dry ingredients and mix together well. Over the next 5-10 minutes the seeds will absorb the water and the slime will thicken. Keep kneading and mixing the mixture until it no longer sticks to your hands and can be picked up.



4. If it is still sticky after 10 minutes add more corn flour, if it is dry add more water. The slime will need to be stored in a sealed container in the fridge. If stored this way it should last for several days. Allow the slime to be at room temperature before playing (approximately 30 minutes after being removed from the fridge).

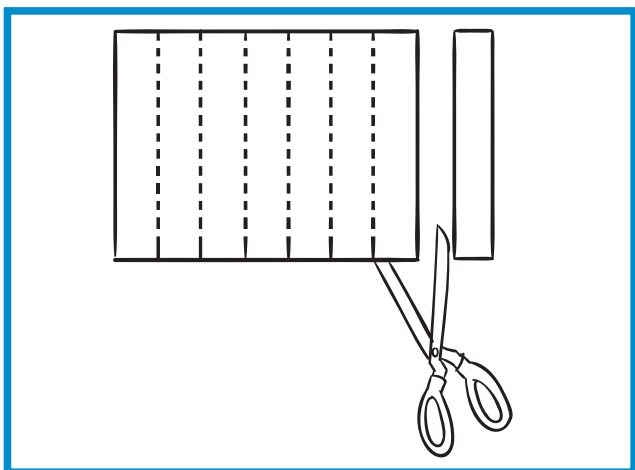
# Sense of touch

## Felt Shape Cards

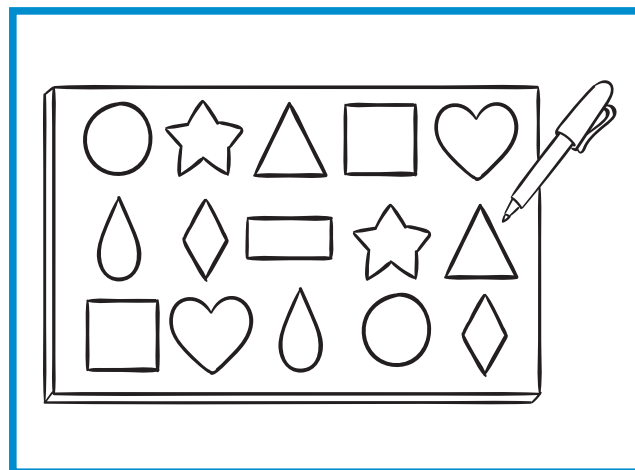
- A4 thick paper or card
- Felt
- Glue
- Marker Pen
- Scissors
- Blindfold



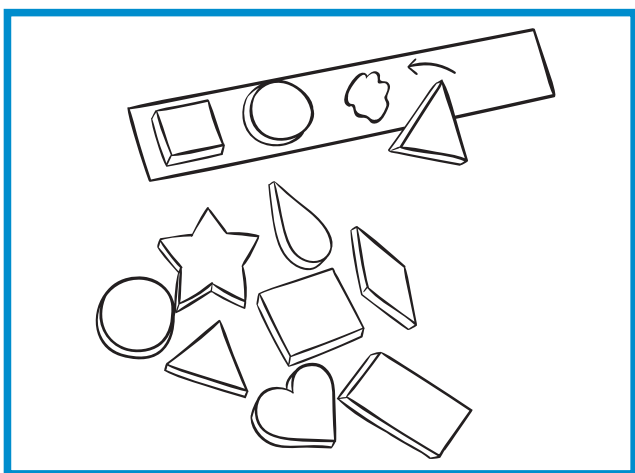
## Method



1. Cut the paper or card into 8 rectangles.



2. On the felt draw 8 different shapes (circles, squares, diamonds etc).



3. Cut out the felt shapes & stick one shape to a rectangle of card.



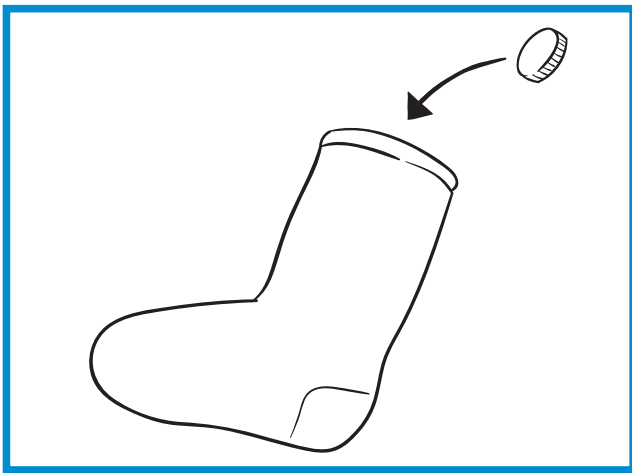
4. Put on the blindfold and use your sense of touch to identify the shapes.

# Sense of touch

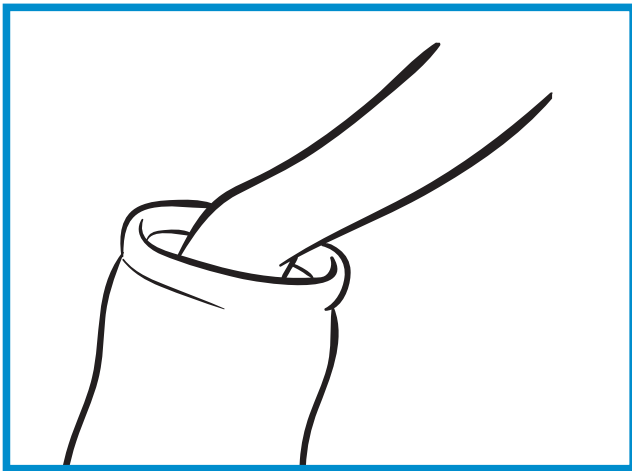
## Sock it to me

- A sock
- Small objects (marble, grape, lego ect.)

### Method



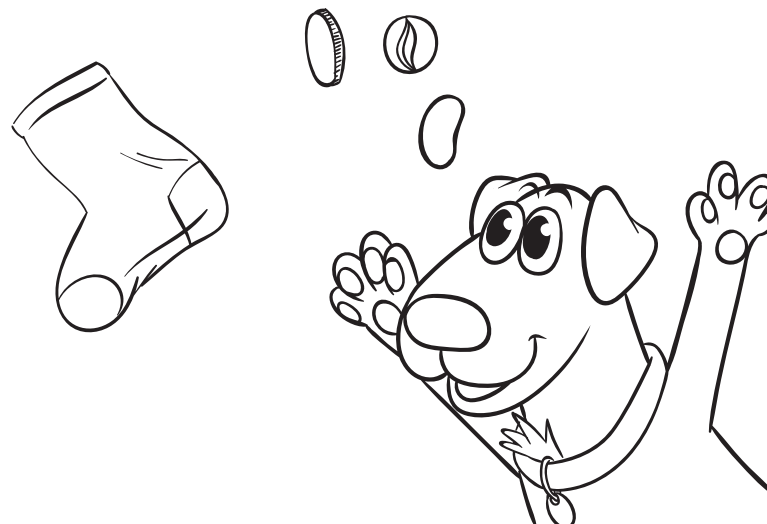
1. In separate socks, place different small objects, such as a marble, grape, bottle top, or a piece of lego.



3. If they can't, ask them to put a hand inside the sock and feel the object. If they guess correctly, they get 1 point. The child with the most points at the end of the game wins.



2. Give each child one or more socks, and ask them to guess what's inside by feeling the object from the outside of the sock. If they can guess what it is, they get 2 points.





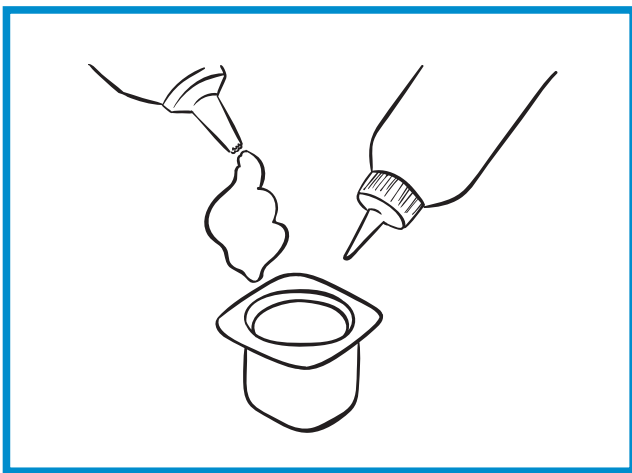
# Sense of touch

## Puff Paint

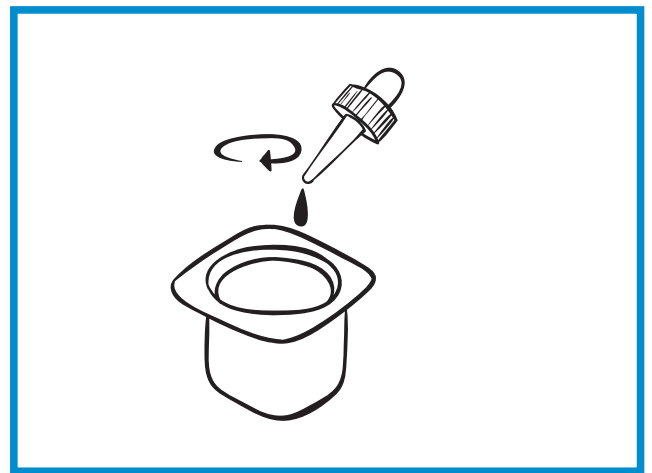
- ½ cup of PVA glue
- 1 ½ cups of shaving cream
- Thick paper or card
- Food colourings
- Empty yoghurt pots



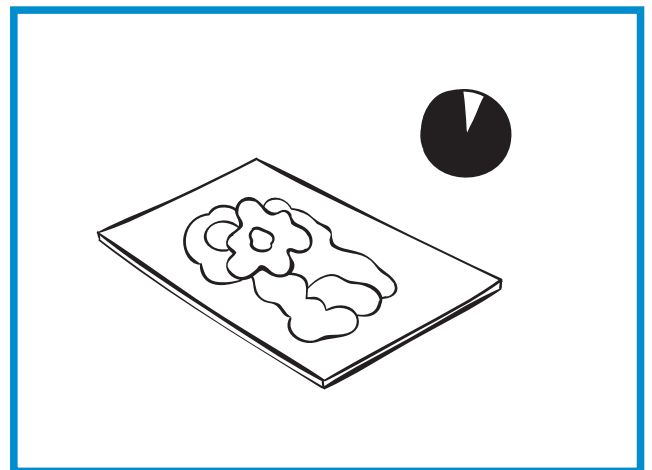
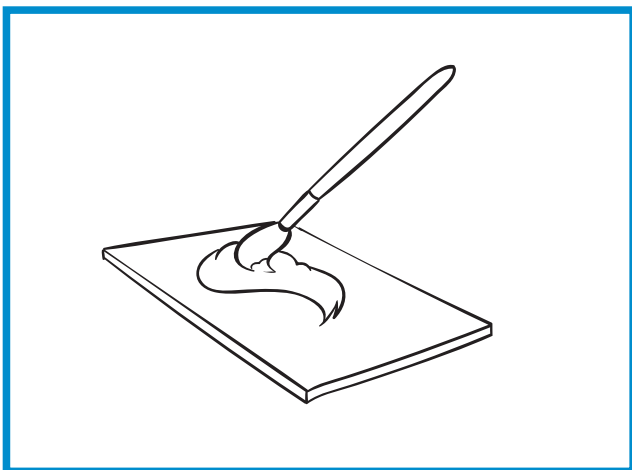
## Method



1. Mix the ½ cup of PVA glue together with the 1 ½ cups of shaving cream in a clean empty container e.g. yoghurt pot.



2. Add in drops of food colouring until the desired colour is achieved. If you wish to do different colours separate the mixture out into smaller pots and add a different colour into each pot of mixture.



3. Spread the coloured mixture out onto the thick paper or card to create your artwork.

4. Leave to dry for at least 4 hours or ideally overnight.

# Sense of hearing

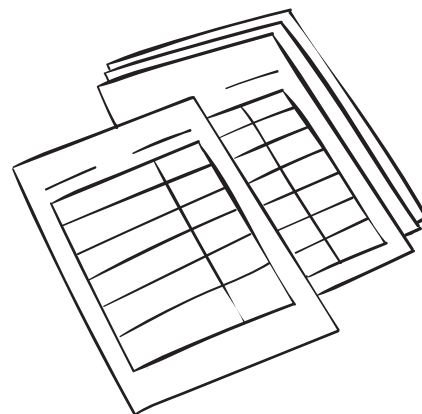
## Sound Safari

- A4 plain paper
- Coloured pens
- Reward Stickers
- Ruler
- Scissors

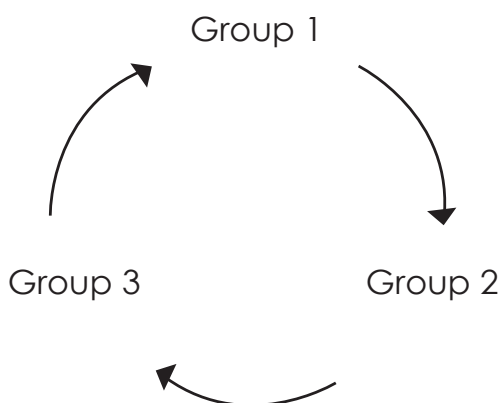
## Method




1. Select as many sounds as you would like to listen to.



2. Create a simple chart on the plain paper, one for each child. Give yourself enough room to write the sound you will be listening out for (along with a picture if desired) along with a space for reward sticker.



Birds	

3. In the environment you have chosen (whether it is around your school/ nursery or out and about) move around in groups listening for the sounds on your chart.

4. As the sounds are heard ask the children to put a sticker next to that sound on their chart until all sounds are heard.

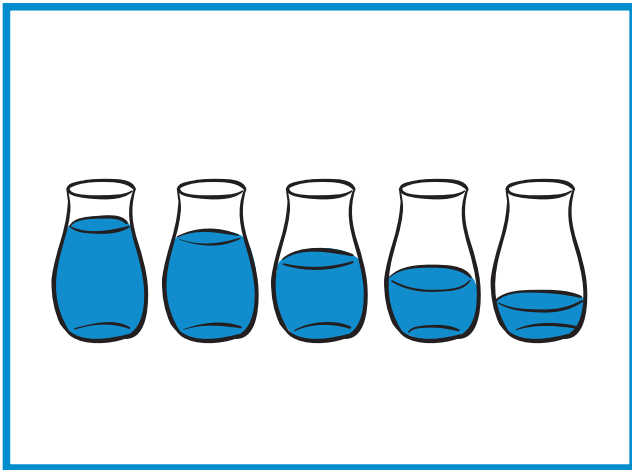
# Sense of hearing

## Water Xylophone

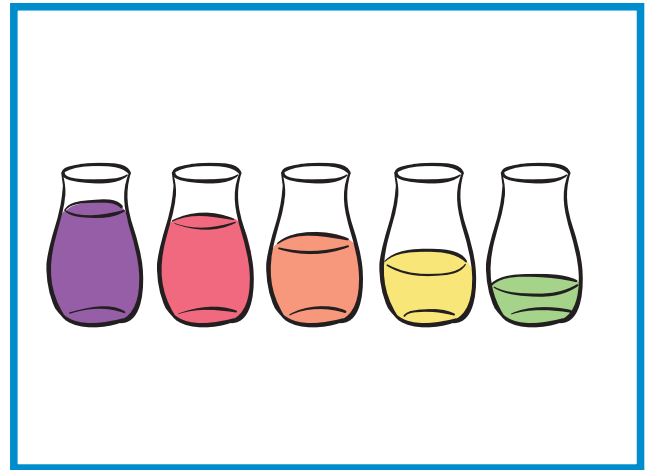
- 5 glass vases (all identical in size), milk bottles could also be used
- Water
- Food colourings (optional)
- A plastic drumstick



## Method



1. Line up the 5 vases and pour in different amounts of water.



2. If desired a different colour food colouring can be dropped into each vase.



3. Gently tap the vase with the plastic drumstick to hear the different sounds.

# Make Sense

Finding the way through sensory play



**Thank you, without you there would  
be no amazing guide dogs**

**For more interactive resources visit**

**[www.guidedogs.org.uk/schools](http://www.guidedogs.org.uk/schools)**

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