

My

# Sensory Bag Play ideas



We hope that you really enjoy  
engaging with the fabulous items  
inside our unique My Sensory Bag.

## Material Scarf

- ☐ Drape across the skin and gently pull along for a sensory feel.
- ☐ Can you see your environment in a different colour?
- ☐ Drape over head- How does it feel in your environment in a different colour?

## Pop Tube

- ☐ Pull in and out for sound.
- ☐ Look through, what can you see?
- ☐ Use as a threading tool for the material.
- ☐ Use to blow through to make bubbles in water.
- ☐ Use as a telephone and make different sounds, noises and whispers to the other person.
- ☐ Drop something through the tube and mark it.

Every item has been carefully chosen for the play and learning opportunities that it creates. Whilst each item has multiple uses, we thought we would include a few of our favourite suggestions for exploring the items.

have fun!

# Pop Tube

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- ☐ Look through, what can you see?
- ☐ Use as a threading tool for the material.
- ☐ Use to blow through to make bubbles in water.
- ☐ Use as a telephone and make different sounds, noises and whispers to the other person.
- ☐ Drop something through it like a marble. How far does the marble roll? Make it longer/shorter, what happens? Curve it, what happens now?
- ☐ Extend it fully and drop the Stretchy Lace through it for a good 'rumble' feel.
- ☐ Use as a pattern maker for sand, play dough paint etc.
- ☐ Make shapes with it - eg circle, triangle.



# Spikey Ball

- ☐ Roll, bounce, throw.
- ☐ Put in the bag and see the lights flash inside.
- ☐ Push through the spikey hoop for fine motor skills
- ☐ Place on or under the foil blanket to see the lights reflecting.
- ☐ Gently roll up and down the skin for sensation.
- ☐ Push in to the hoop to make a spikey roller to roll across the floor.
- ☐ Roll through sand, flour, paint for pattern making.



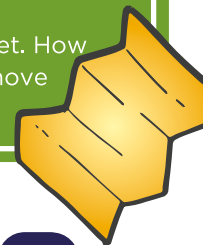
# Material Scarf

- ☐ Drape across the skin and gently pull along for a sensory feel.
- ☐ Can you see your environment in a different colour?
- ☐ Drape over head- How does it feel?
- ☐ Pull through the pop tube to enhance fine motor skills.
- ☐ Role play - headdress, super hero cape, tail, bandage etc.



# Foil Blanket

- ☐ Make a den with the blanket. Place a flashing light object underneath or on top and see the effect.
- ☐ Crunch, scrunch and crinkle for sound.
- ☐ Hide objects underneath and feel them. Can you guess what is hidden?
- ☐ Roll the ball or hoop across for sound and motor skills. Can you get it all the way across?
- ☐ Cut in half and then make cuts part way up to make a silver foil sensory hanging for a door way or opening.
- ☐ Use as a wrap or blanket. How does it sound when you move around?



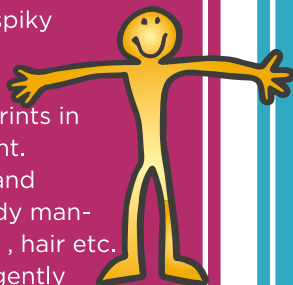
# Spikey Hoop

- ☐ Make a bracelet.
- ☐ Roll it.
- ☐ Balance it on your head. Can you walk without it falling off? Put it on your head when sitting - can you stand up without it falling?
- ☐ Get thick bubble mixture and use to blow bubbles or dip in mixture and wave through the air to make bubbles.
- ☐ Can you get the bendy man through the hoop?
- ☐ Put the scarf through and drag gently across skin for a tactile/weighted sensory feel.
- ☐ Use as a mark maker for sand, flour or paint.
- ☐ Thread the scarf through and hold each end to make a spinner.



# Bendy Man

- ☐ Push through the spikey hoop for fine motor skills.
- ☐ Use to make footprints in sand, play dough, paint.
- ☐ Draw around him and design your own bendy man- give him clothes, face, hair etc.
- ☐ Use his fingers to gently stroke the skin for different sensory feel.
- ☐ Place him under the foil blanket.
- ☐ Close your eyes and use your fingers to find him.
- ☐ Play hide and seek with bendy man.



# Disco Wand

- ☐ Create a cave with the foil blanket and use the disco wand to see the different lights and patterns reflected.
- ☐ Look at the different lights in the wand, can you find some objects from around the room/ house that are the same colours?
- ☐ Use the wand to draw different shapes, letters or patterns in the air.
- ☐ Practice different positions using the wand eg move it up or down, left or right, above or below.
- ☐ Make large circles with it, then small circles with it. Small movements, big movements - great for gross motor skills.



# Stretchy Lace

- ☐ Drop through the bendy tube for a rumble effect.
- ☐ Wrap around the spikey ball or hoop for motor skills.
- ☐ Put through the spikey ring and stretch and twirl to make a spinner.
- ☐ Use as a rolling pin or mark maker.
- ☐ Use as a balance for the bendy man, make a swing for him.
- ☐ Loop or tie to practice knots.





# All Equipment

☐ Guessing game : place some of the items on a tray and cover with a cloth...remove one item then take off the cloth. What item is missing?

☐ Place the items in different areas under the foil blanket.

☐ Find and feel each object by running your hands over the top. What is it you have found?

☐ Put some of the items in to the bag. Feel inside the bag without looking. What item can you feel? See if you can find a particular item by using touch. Pull it out of the bag. Were you right?

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