

Sensory Bags (6+ Months)

You will need:

- Large Zip-lock freezer bags
- A range of small objects to go inside the bag like: Buttons, pom poms, beads or basically anything without sharp edges.
- Strong masking tape or Cellotape
- Scissors
- Cheap Hair Gel

The Activity:

- Simply fill your bag with roughly one cup of small sensory objects (some hard, some soft but none with sharp edges).
- Add the Gel and carefully seal the zip lock bag.
- Place that bag inside a second bag and fold the inside zip part down so you can properly seal the outer bag.
- Tape the bag around all four edges to either a window, high chair table or even the floor – anywhere that the baby or child can safely play with it.

Extending the activity:

- Place on a window to explore the experience on a vertical surface
- Introduce objects that reflect colours and make patterns when the sun shines
- Place specific coloured objects in the bags to support older children's interest

Keeping Everyone Safe

Always ensure the activity is supervised.



Healthy Hearts
and Minds



