

# Sensory Play Choice Cards

Choose one invitation. Cut out cards if helpful; an adult handles cutting.

## Toy-wash station

YOU NEED: A shallow tray, a little water, large washable toys and a cloth.

PLAY: Wipe, rinse and park each toy on a towel. Empty water when done.

## Pretend dough bakery

YOU NEED: Play dough, a mat and a wide plastic cup.

PLAY: Make a pancake, breadstick and pretend cake. Check ingredients for allergies; do not eat.

## Paper rainstorm

YOU NEED: Large scrap-paper sheets and a box.

PLAY: Crinkle a drizzle, then a storm. Tear strips and drop them into your cloud box.

## Window color lab

YOU NEED: Large smooth colored translucent film and adult-applied tape.

PLAY: Overlap two colors at a window. Keep film away from faces and mouths.

# My Sensory Play Notes

You may touch, watch, use a tool or skip a texture. There is no right way to enjoy every material.

## Texture detective

YOU NEED: A towel, smooth spoon, clean sponge and soft fabric. Give two texture clues, then guess the object. Keep eyes open and remove any texture that feels unpleasant.

Today I chose:

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A texture or sound I noticed:

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Next time I would like to try:

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For school-age play. Adapt for each child; avoid small parts for children who mouth objects. Keep water play supervised and all materials out of mouths.