

# A Guide to Sensory Play...

## CHILL OUT!

Hello everyone, welcome back! As I briefly explained last month, due to 'Clubs' changing for the term the newsletter will now be about wonderful 'Sensory Play'!

During the busy run up to Christmas I decided the children would benefit from relaxing chill out sessions. So out came the foot spas, duvets, gel beads and massage cushions!

## Splish Splash!

At school we are lucky to have foot spas readily available to us. The children love splishing and splashing; we have seen fabulous reactions/responses!

### Benefits of a foot spa:

- Relaxation and stress reduction
- Helps with blood circulation
- Helps to get rid of toxins
- **IT'S FUN!**



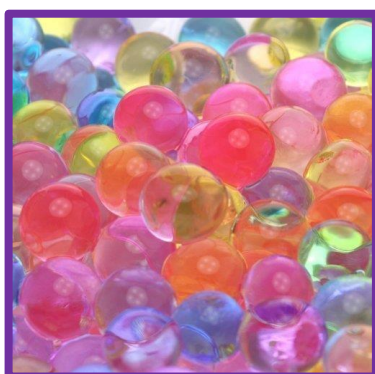
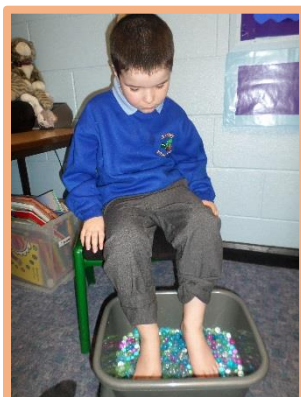
## Gel Beads...

It was lovely to see so many families and friends at our Christmas Fair. I was selling 'gel beads' to raise money for our Sensory Room – thank you to everyone who bought a bag!

Whenever I can I like to use gel beads with our pupils. They provide excellent sensory experiences and can be very therapeutic for some of our children, but overall they are just FUN!

I often use gel beads as an alternative to a foot spa during our Friday Club. Gel beads can be explored with hands and feet in a bowl or by adding hot water they can act as a makeshift foot spa.

If you purchased a bag of gel beads I would love to see your child enjoying them at home! Please email me at [sensoryparent@acorns.lancs.sch.uk](mailto:sensoryparent@acorns.lancs.sch.uk) to feature in next month's newsletter!



**Important Reminder: Please ensure children don't put gel beads in their mouth!**

# A Guide to Sensory Play...

# Christmas

It's the most wonderful time of the year...

With Christmas soon approaching here are a few sensory ideas for your little angels to enjoy during the Christmas holidays.

## Christmas Sensory Bin...

Christmas sensory bins are quick, easy and affordable to put together (I purchased everything from PoundLand).

### Here's what you'll need:

- A tray or tub
- Fake snow
- Candy canes
- Bells
- Small tubs
- Christmas scents e.g. cinnamon etc.
- Light up Christmas toy

This sensory bin is fantastic as it incorporates many different tempting stimulus to excite your child's senses; taste, touch, sound, smell and overall it's very visually stimulating.



## Hot Chocolate Season...

There's nothing better than a hot chocolate on a cold winter's day. If your child isn't too keen on hot chocolate why not make it into a messy/sensory play session by creating 'Hot Chocolate Cloud Dough'!

### How to make Hot Chocolate Cloud Dough:

- 8 cups of plain flour
- 2-4 cups of hot chocolate powder (add enough to get the colour and scent that works for you)
- 2 cups of vegetable oil



Thank you for reading the Sensory Play Newsletter!  
I hope you all have a fantastic Christmas and a brilliant New Year! See you all in 2017 for more sensory ideas and information!

Many thanks, Jenny (Teaching Assistant) ☺