Rowan School

Sensory ideas to do at home

Here are some sensory ideas you could try at home safely with your family.

Playdough

Shaving Foam

Sensory Box

Hugs

Painting

Bubbles

Smells

Sensory Lights

Trampoline

Balloons

Sensory Bottles

Spinning

Coloured Spaghetti

Water Play

Sand

Coloured Rice

Bubble Bath

Dancing

Jelly

Den Making