

Sensory Activities

Sensory activities are so good for all children! Children that have autism can benefit greatly from sensory activities as well as children that learn differently. Sensory activities increase language development, help children to regulate, sooth and calm, increase attention and are just plain fun!

Quicksand Play Dough Recipe

- *Corn starch
 - *Play sand
 - *Paint (tempura)
 - *A small amount of water
- Just mix sand and corn starch together in bowl. The more sand the grittier the texture! Be sure that you have more cornstarch that sand. Add desired color paint and mix together. Finally add a small amount of water.



Home-Made Moon Dough

- *Cornstarch
- *Shaving Cream
- *Food coloring if desired

Mix cornstarch and shaving cream equally in bowl. Add food coloring if desired. Mix thoroughly.

Home-Made Dirt

- *smashed chalk for color
- *3 1/2 cups flour
- *1/2 cup oil

Mix all ingredients thoroughly together.