

Sensory Bag Activity



Materials Intro: For today's activity, you will need:

- 1 8oz hair gel
- 1 small bag of Glitter
- 1 sandwich bag

Note: *You can use various materials to create different sensory bags (hair gel, glue, playdoh) and insert objects like pom poms and buttons for your child to manipulate into shapes or letters outside of the bag!*

1. First take your hair gel bottle and squeeze it into the sandwich bag
2. Carefully sprinkle around the glitter inside the bag of hair gel
3. Take out the air from the bag and carefully/slowly zip the bag closed (**make sure the bag is completely sealed before you begin using it.**)
4. Have your child practice tracing their letters, numbers, their name....anything!
 - a. You can make multiple bags for your child to use or make a special one if they are struggling with a particular letter, number or skill (*i.e., draw a letter A on the bag with a sharpie and have your child push pompoms within the bag to trace it*)

Enjoy! 😊