



Sensational Sensory Table Ideas

Mediums

Water
 Dry or wet sand
 Dry or wet dirt
 A mixture of sand and dirt
 Corn feed with dry corn cobs
 Corn meal
 Rice/colored rice
 Macaroni
 Dry kidney beans
 Dry lima beans
 Sawdust
 Dry leaves
 Bird seed
 Rock salt/colored rock salt
 Shaving cream (can add some color to this)
 Confetti
 Shredded paper
 Paper scraps for kids to snip and cut
 Clean mud (recipe attached)
 Playdough
 Water with gold fish
 Confetti
 Baby oil and flour (2 lbs. of flour and one 20 oz. bottle baby oil)
 Ooblick (equal parts cornstarch and water, add more or less for desired consistency)
 Gelatin molds (recipe attached)
 Seaweed
 cornstarch goo
 glurch

Tools

Whisks
 Basters/eye droppers/pipettes
 Hand mixers
 Dishes from housekeeping area and rags
 Waterwheels
 Various sponge shapes
 Ice cubes/blocks (colored food coloring)
 Plastic tubing with stoppers
 Various sizes of funnels (automotive store has large sizes)
 Jelly worms (used for fishing)
 Seashells
 Various kitchen utensils
 Flour sifter and bowls
 Clear plastic cups and gold fish
 Buckets
 Shovels/scoops
 Plastic cars and boats
 Plastic animals/sealife
 Magnetic wands with nuts and bolts
 Toilet, paper towel and wrapping paper tubes
 Ping-pong balls
 Buttons
 Plastic gems
 Various types of strainers/nets
 Scissors
 Large syringes
 Magnetic alphabet letters
 Paint brushes
 Plastic dinosaurs

Recipes

Knox Gelatin Mold

The night before, mix plain, unflavored Knox gelatin with cold water. The ratio is $\frac{3}{4}$ cup water to 1 packet of Knox. *Take the number of cups of water your container holds and DIVIDE by .75.* This is how many packets of Knox you need (a box of Knox gelatin contains 32 packets). In a saucepan, heat the gelatin/water mixture on the stove until gelatin dissolves and is **sprayed with cooking spray**. Let it set overnight. Allow the children to inject eyedroppers filled with colored water.



Clean Mud

1 bar of ivory or dove soap

2-3 rolls of toilet paper

Tear the toilet paper into tiny pieces and place in a large bowl. Gently add ½ c. grated soap to the paper. Slowly pour in 1 to 1 ½ cups of warm water into the dry ingredients and mix with your hands. You can place this in your sensory tub for the children to enjoy or the children can mold their own creation, let dry and paint.

Note: if you don't have a tiled area, you can tape two plastic office mats together make a great surface on which to place your sensory table. You can also use an indoor/outdoor mat larger than the table.

Kinetic Sand Recipe

6 cups of [play sand](#) (we buy ours at Home Depot- \$5 for a huge bag)

1 & 1/2 cups of [corn starch](#)

2 tsp of [dish soap](#)

¾ cup of water

Method: In a sensory bin or container combine the play sand and corn starch and mix well

Combine the soap and water in a separate container, and stir until the water is bubbly

Slowly pour the water into the sand/cornstarch and mix well. Mix and mix before adding more water. If more water is needed add a little more and mix. Continue to add more water until the desired consistency is reached. I used ¾ of a cup of water, and the consistency was perfect, but if your sand is coarser or finer than mine you may need more or less water, so add it SLOWLY!

Optional: After a few hours of play I added a bit more dish soap to our sand to revive it & give it that amazingly fun & squishy quality. I simply squirted a little in & mixed well.

- See more at: <http://www.growingajeweledrose.com>



Websites

www.ooeygoeey.com

Sensory Experiences can be messy fun

http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=227

Sensory Play: Early Exploration Through the Senses

<http://www.pbs.org/parents/child-development/sensory-play/developing-and-cultivating-skills-through-sensory-play/sensory-play-early-exploration-through-the-senses/>

Look, Listen, Touch, Feel, Taste: The Importance of Sensory Play

http://www.highscope.org/file/NewsandInformation/Extensions/ExtVol25No5_low.pdf

<http://www.sieoc.org/uploads/sensorytableideas.pdf>

<http://notjustcute.com/2010/03/24/a-handful-of-fun-why-sensory-play-is-important-for-preschoolers/>

<http://notjustcute.com/2011/06/15/sensory-play-inspiration-to-get-you-going/>

<http://www.naeyc.org/tyc/files/tyc/10%20Ways%20to%20Use%20the%20Sensory%20Table.pdf>

<http://teaching2and3yearolds.com/a-collection-of-sensory-table-ideas/>

<http://ateachingmommy.com/2014/06/the-30-30-minute-do-it-yourself-sensory/>