

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

This bumper list of 50 Senses-Themed Activities for Kids includes loads of ideas you can try at home, such as games, activity sheets, crafts, recipes and more. It's perfect for a play or learning theme, or even a party! This list is best viewed on a mobile device or computer so that you can click on the links to the related resources.

What skills does this practise?

Sensory Play

Topic Knowledge - Five Senses

Imagination

Role Play

Further Activity Ideas and Suggestions

Themed learning and play topics are a great way to structure your child's activities at home and can help you come up with more ideas to try. By linking your child's activities, you can help them remember what they learn and experience and draw on their specific interests to get them engaged and excited.

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub

50 Senses-Themed Activities for Kids

Use **cooked and dyed** spaghetti to play or even form letters or shapes.

Learn more about the five main senses with an **informative PowerPoint**.

Fill an activity tray with materials like baked beans, beads or dried beans and lentils to explore - what do they feel like on your hands and feet?

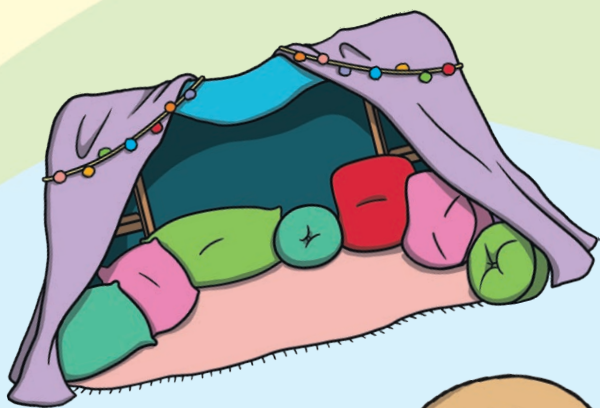


Try an **edible sensory recipe** that's safe for play and eating.

Create a dark den using blankets and pillows to make an enclosed fort.

Craft a **sensory play umbrella** to sit under and explore.

Lie down outside or with a window open and be very quiet for thirty seconds to a minute, then talk about what you heard.



Talk about the different body parts and **facial features** that help us sense things.

Try out some fun, messy and tasty **jelly play**.

Explore what senses you use when eating a food like ice cream - can you see, smell, taste, touch and hear it? How would you describe it?

Craft a **shaker** from a paper plate and make some noise.

Explore a **frozen flowers sensory activity**.

Discuss foods that you like and dislike and why. What words could you use to describe their tastes?

Create some simple **moon dust** to explore at home.

Create a feely box or bag by hiding an object inside and then reaching in to feel it - can you tell what the object is just by touching it?

Read a **book** that talks about the senses.

Make your own **Chinese drum** and bang it loudly and softly.

Walk barefoot over lots of different surfaces, including grass, carpet, concrete, brick, soil and more.



Use some **shaving foam in a bag** for a fun colour mixing activity.

Use a blindfold on one player, then have other players stand around a room (free from obstacles). Can the blindfolded player find the others with only sound and touch?

Create a **light-themed sensory bottle**.

Fill a basket with objects that have lots of different textures, then use adjectives to describe them (e.g. smooth, rough, fluffy, sticky, etc).

Sing lots of **nursery rhymes** and join in with the actions.

Create your own **sensory fabric book**.

Do a taste test that includes lots of different foods that are bitter, sweet, salty, spicy or bland.

Practise some kitchen skills by chopping up soft rainbow-coloured fruits and vegetables with a plastic knife.

Read books that have interactive textures that you can feel.

Create some **sensory temperature bottles** and talk about things that are hot, warm, cold and freezing.

Create a **sensory hula hoop** to explore during tummy time.

Let your child explore a **water tray**.

Listen to different kinds of music - which ones are your favourites and why?



Paint using coloured ice.

Place objects onto a tray and look at it for thirty seconds. Cover it with a cloth and remove an object. Can your child figure out which object is missing from memory?

Do some messy finger painting.

Engage in some fun role play by **baking with bubbles**.

Go on a **scavenger hunt** based on the five senses.

Mix some spices with a little water for some messy and fragrant paints.

Explore sound with a fun **science experiment** involving a spoon and some string.

Tie bells to paintbrushes to add an easy auditory element to painting time.

Try a **scented playdough recipe**.

Throw a dance party and move around to your favourite music.

Sort objects into groups based on their textures, e.g. a pile of fluffy items, a pile of smooth items, etc.



Use a block cube and some fabric to create a **feely cube**.

Use fairy lights, lava lamps and other soft and glowing lights in a darkened room to create a fun visual experience.

Blow and pop bubbles or create a **bubble snake** for a fun activity.

Find objects that glow in the dark, such as glowsticks, glowing stars or glow-in-the-dark paint. Fill a box with glowing objects, then close the box and poke a hole through to see inside.

Sing a **song** about the senses and join in with actions.

Use a torch to create fun shadows and silhouettes.

Use **ice** as a fun sensory play setup.

Talk about scents you like and dislike and why. What words could you use to describe their smells?



Disclaimers:

Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.

These recipes may involve the use of knives, hot water and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items such as knives or graters or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.