

Beckton & Royal Docks Children's Centre Tip Sheet

Sensory/Messy Play Activities and Ideas

Playdough - Encourage your child to play with playdough. Use shop bought playdough or why not make your own. Use tools such as rolling pins, cutters, spoons, blunt knives, child safe scissors.



Water Play - Fill a basin in the kitchen sink with soapy water and a variety of unbreakable bottles, cups, beakers, turkey basters, sponges, and toy water pumps. Alternatively, fill a large plastic tub with water and toys and set it outside on the grass.



Sand Play - In a sandbox or on a sand table, add small toys (cars, trucks, people, and dinosaurs), which your child can arrange and rearrange, bury, and rediscover. Alternatives to sand are an empty shoe box or ice-cream tub filled with dried beans, rice, pasta, and popcorn.

