



# At Home Fun, Recreational & Sensory Activities

Homemade Playdough	What you'll need:	Instructions:
	<p>1 c. flour            1/2 cup salt            1 T. cooking oil            1 T. cream of tartar            1 c. water            Food coloring of your choice (could use koolaid to add color as well)</p>	<p>Stir ingredients together well over medium heat, cook the dough, stirring constantly until it forms a ball. (NOTE: When it starts to pull away from the sides somewhat and clump together and most of the "wet-looking" parts look dry, it's ready to remove from the pan.) Turn dough onto a board (or the countertop) and knead until very smooth. (NOTE: It will be pretty warm to the touch, but try to knead it until it becomes a nice, smooth ball. If it feels sticky, you can put a little more flour into it and it will be fine.) Cool. Store in a covered plastic container OR in a sealed ziploc bag.</p>
Sensory Bags	What you'll need:	Instructions:
	<p>Ziplock Bag            Hair Gel (you could also use water, shampoo, conditioner, lotion)            Small objects            Packing Tape            Food coloring (if you want to add color!)</p>	<p>To make a fun sensory bag all you need to do is fill the ziplock bag with hair gel, water, shampoo, conditioner or lotion. Next you can place any small objects in the bag. Some ideas are alphabet letters, glitter, rice, beans, sea shells, dinosaurs, etc. You can put anything your child is interested in the bag along with the liquid. If you do not think the liquid will be a hit with your child, try just dry ingredients.</p>
Cornstarch Goo	What you'll need:	Instructions:



Cornstarch Water  
Bowl or Dish Food  
Color

Take some cornstarch, and put some in the bowl. Add water, slowly. As you add the water, stir the water into the cornstarch. Don't use a spoon - use your hands to do this. This is part of the fun, and you will also be able to tell when you have put in enough water! The key is to add just enough water so that the cornstarch and water mix will flow very, very slowly.

## Sensory Bin





### What you'll need:

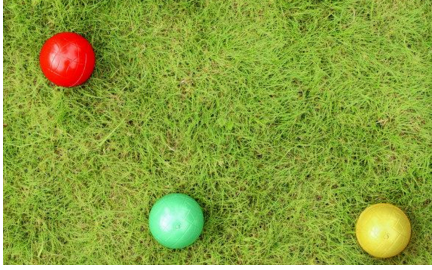
Large, shallow, plastic tub  
Bath towel  
Rags, handheld brush and dustpan

### Instructions:

Fill the tub with any ingredients your child wants: Water: Add soap to wash plastic dolls or dishes  
Add food coloring to experiment with color mixing  
Add assorted items to experiment with floating and sinking Add small plastic or rubber fish and a handheld net  
Food: Jell-O, noodles, dry instant mashed potatoes, cornmeal (makes a great sand substitute) Easter grass with plastic insects and butterflies, grains, birdseed, rice, cereal, oatmeal, beans  
Nature: Assorted leaves, twigs, grass, and magnifying glasses  
Household Items: Cotton balls, buttons, shaving cream (In winter, add trucks to plow snowy roads on the table!) If your child's learning the alphabet, help them trace letters in the shaving cream.

# Games!

Balance Game	What you'll need:	Instructions:
	<p>Three to five 2 x 4 wood planks, construction paper, three different colors of paint</p>	<p>Paint each 2x4 a different color. Lay them on the ground in a zig- zag pattern, connecting at each end. With construction paper cut out large circles. Lay them alongside the 2x4's. Have your child start at one end of the zig-zag and another person start at the other end. The ground is lava (or anything else your child has interest in but it can not be touched)! Your child may step on the construction paper circles for a safe zone to get around the other person if need be, it is supposed to be a little obstacle course as well! You may add stuffed animals or other objects to create a theme to make it more or less complicated.</p>
Red Light - Green Light	What you'll need:	Instructions:
	<p>Red Construction Paper Green Construction Paper Scissors Popsicle sticks</p>	<p>Cut both pieces of construction paper into large circles. Attach the circles to popsicle sticks. Have someone start at one end of the room, they will be the caller, and the other people (or person) start at the other end. The caller will call out Red Light or Green Light and hold up corresponding colored signs. On Green light the players can move, on Red Light the players must stop. To make things more interesting the caller can move around the room. This way the players behind can now be in front and vice versa. Once a player gets to the caller, this player now becomes the caller!</p>
Messy Backyard	What you'll need:	Instructions:



About 15-20 different objects that can be thrown 2 or more people

This game should be played outside so nothing gets broken! First you will need to make teams, evenly if possible. Then line up all the objects in the center of the assigned space. Have the referee count down, 3-2-1-GO! At GO each side can run to the center line. Each team tries to throw as many objects onto the opposite side in 3 minutes. At the end of three minutes each side needs to count how many objects are on their side. The side with the most objects wins!

# Crafts!

## Colored Rice Mosaic Draw



### What you'll need:

- 1 cup dry white rice
- 1 teaspoon rubbing alcohol or white vinegar
- Food coloring
- Medium size bowl & spoon
- Waxed paper or aluminum

### Instructions:

***Making the Colored Rice:*** Measure the dry rice into a bowl. Add the rubbing alcohol or vinegar, and stir well to coat. Drop on the food coloring, stirring between each drop. Add food coloring, and keep mixing until the rice is your desired color. Place a sheet of waxed paper or foil on a flat surface. Pour the colored rice onto the waxed paper or aluminum foil. Allow the colored rice to dry completely. This usually takes about 30-60 minutes. Repeat steps to make additional colors of rice.

***Making Art with the Colored Rice:*** To make a mosaic, have the child draw a simple design onto a piece of card stock or thin cardboard. Add glue to the design, one area at a time, and then sprinkle on the colored rice. Children with ASD might become over-stimulated if given too much rice at once, so it is best to put the rice in small paper cups (bathroom size works well). Also, when applying the glue, give children a small amount with a paintbrush- this helps with the "over squeeze" we often see children engaging in when



		given the glue container. This activity can be a nice way to teach shapes and colors for younger children by filling simple outlines. For older children, more intricate designs can be incorporated.
<b>My Face</b>	<b>What you'll need:</b>	<b>Instructions:</b>
	A couple pieces of paper Crayons, markers, etc.	Have your child draw a large circle on a piece of paper. You can demonstrate a variety of emotions through your facial expressions. Have your child draw the face you are making and assist her in labeling the emotions, like happy, sad or angry.
<b>Musical</b>	<b>What you'll need:</b>	<b>Instructions:</b>
	Empty Water Bottle or Paper Towel Tube Anything small that can make noise (beans, rice, rocks, beads, buttons, sand, etc.) Flat back tacks (optional) Tape	<p><u>Water Bottle:</u> For the water bottle all you need to do is fill it with beans, rocks, rice, etc. of your choice. To get a rain stick effect stick flat back tacks all around the water bottle. Feel free to decorate the outside with stickers, decorative tape or construction paper to make it look more inviting and to keep the tacks in place. Then start shaking your new hand made instrument!</p> <p><u>Paper Towel Tube:</u> For the paper towel tube you will do basically the same thing as the water bottle but for this one you need to remember you have two ends to seal up! Start but taping one end of the paper towel tube. Fill your paper towel tube with the contents of your choice then tape up the other end. If you want a rain stick effect stick the flat back tacks all around the paper towel tube. Cover the entire thing with construction paper, stickers or wrapping paper and you are finished!</p>