

ADHD

SUPPORT • EDUCATION • ACCEPTANCE

I R E L A N D

PARENT RETREAT

SENSORY ACTIVITIES MAKE AND DO

22nd October 2024

WWW.ADHDIRELAND.IE

WWW.ALLABILITIES.IE

PLAYDOUGH

Super Soft 2-Ingredient Play Dough

Ingredients :

- baby lotion/moisturiser
- flour / cornstarch
- food colouring (optional)

The main ingredient in this play dough is baby lotion/moisturiser. It's great to use in this play dough for those with sensitive skin, because it's gentle and mild, as well as being hypoallergenic and paraben-free. Baby lotion is my favorite ingredient to use, but you can actually use ANY kind of lotion or even conditioner!



www.artsyfartymomma.com

How To Make :

- 1 In a mixing bowl, add in two cups of flour or cornstarch. You could use flour instead, but the cornstarch is a lot finer and will help give the dough an extra soft texture!
- 2 Next, add in one cup of baby lotion. Depending on which lotion you use, your play dough will have a different scent.
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- 4 At this point, use your hands to knead the dough and help the ingredients to combine evenly. The more you knead it and heat it up with your hands, the dough should become less crumbly And soft and pliable. If the dough seems to be a little too dry, you can work in a small amount of lotion. If it's too sticky, add in a little more flour. To color the dough, split a batch into small balls. Flatten out a ball, and add in 2-3 drops of food colouring into the center. Now the play dough is ready to be molded, squished and played with for hours of fun!

STRESS BALL BALLOONS

You will need:

- balloons
- filling - Chia seeds/popcorn seeds/ flour
- funnel



A stress ball is a squeezable ball that can help calm nerves, anger, anxiety, and more for both adults and children. You can keep stress balls on hand at home, school, work, or on the go for whenever you may want to de-stress. Choose a filling, fill the balloon, and then decorate it to create your own unique version of this easy homemade craft.

How To Make :

- 1 Blow up the balloon and then deflate it before you start. This stretches the balloon which makes it easier to fill it, especially in the case of the flour.
- 2 Insert a funnel into the neck of a regular party balloon. Carefully pour filling into the funnel. In the case of flour it can be useful to Shake the funnel back and forth and tap the side of it to get the flour to go down into the balloon.
- 3 Remove the funnel and tie a knot in the balloon. Try to get the knot as close to the base of the balloon as you can.
- 4 Tie the balloon closed. Wrap with a second balloon. Cut the neck off of another balloon, then stretch the opening wide and fit it around your filled and tied balloon. This keeps it secure and less likely to break or spill. Cut more from the top of your balloon to create a wider hole if you have trouble fitting it over your ball. Note that the hole will be obvious if you use two different colors for the first and second balloon. Put your cut balloon over the knot of the first balloon to cover it and keep the surface of your ball more smooth.



SAND DIG

You will need:

- cereal
- food processor

Food safe play sand for sensory activities can be created using cereal such as bran flakes, cheerios. 1 packet of cereal will be reduced by at least $\frac{1}{2}$ when blended.

How To Make :

- 1 Add chosen cereal to food processor and blend to semi smooth texture like sand.
- 2 Add to baking tray and enjoy the fun.

Other whole cereal shapes such as hoops etc can be added for more fun.



CHIA SEED PUTTY



You will need:

- Chia seeds
- food colouring
- Water

How To Make :

- 1 Combine chia seeds, water and food colouring, mix to combine.
- 2 (Optional) Repeat for further colours.
- 3 Add mix to tubs and refrigerate to help absorption of water and colouring.

Tip: Can also be used in messy trays add extra water

CALMING SENSORY BOTTLES

You will need:

- empty bottle
- water
- food colouring
- baby oil/cooking oil
- glitter



How To Make :

- 1 Fill an empty water bottle about 1/2 full with water
- 2 Add a few drops of food colouring.
- 3 Once the food colouring has spread throughout the water, fill the rest of the bottle with baby oil or cooking oil.
- 4 Add glitter and allow to settle
- 5 Secure the lid with glue.

Watch as the oil and water in your bottles become completely separate and the drop of food coloring makes its way down to the water portion of the bottle - it will take a few seconds.

Gently move the bottle around and watch the oil and water - they stay separate when moved gently

SHAKE your bottle! Really shake it and watch as the water and oil temporarily mix

What else happens?!

Watch closely again as the oil and water slowly separate



RAINBOW RICE



You will need:

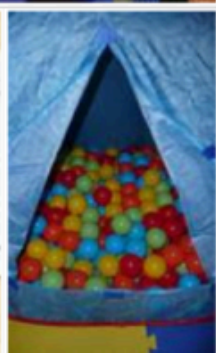
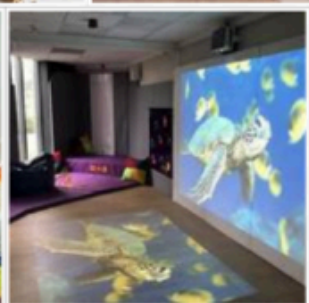
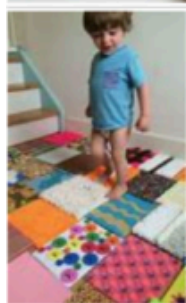
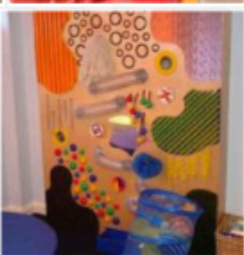
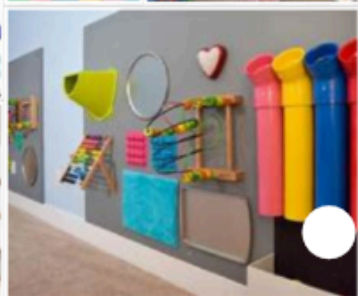
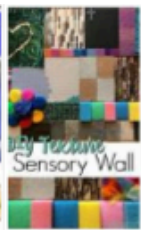
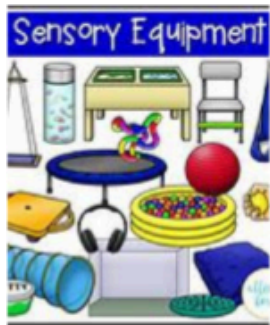
- White rice
- Vinegar
- Food Coloring
- Fun sensory bin items like dinosaurs.
- Scoops and small cups for dumping and filling

How To Make :

- 1 Measure 1 Cup of rice into a container.
You can make a bigger quantity of coloured rice if desired just adjust the measurements. Or you can do several colours in different containers and mix them together for a rainbow theme
- 2 Next add 1 Teaspoon of Vinegar.
- 3 Now add as much food colouring as desired (deeper colour= more food colouring).
- 4 Cover the container and SHAKE the rice vigorously for a minute or two. Check to see if the rice is evenly coated with the food coloring!
- 5 Spread the colored rice on a paper towel or a tray to dry in an even layer.
- 6 Once dry you can transfer the coloured rice to a bin for sensory play



OTHER IDEAS



CONTACT INFORMATION



(01) 874 8349



www.adhdireland.ie



info@adhdireland.ie



0831425050



www.allabilities.ie



info@allabilities.ie