

# Keep Calm & Do more Sensory Play at home!



DON'T PANIC & no need to bulk buy! But while doing a normal shop why not start to make preparations to get extra resources to do more sensory & messy play activities at home in-case schools have to close OR instead of visiting busy public places at the moment

## Sensory Activity Shopping List:

Toiletries & Craft supplies	Foods
Hair Gel	Plain flour
Economy toothpaste	Cornflour
Shaving foam	Cheerios
Baby Oil	Brown sugar
Conditioner	Vegetable oil
Economy painting brushes	Cream of tartar
Pipe cleaners	Lard
Cheap paint	Food colouring
Bird seed (small bag)	Salt
Ziplock bags	Rice
Printing paper	White vinegar
Deep clear cello tape	Spaghetti
Chalk	Long life squirty cream
	Coca powder

If required, over the next few weeks on my website & Facebook page I will post recipes and cheat sheets for safe sensory activities to do with these resources to help keep your kids busy and happy if having to spend extra time at home!