

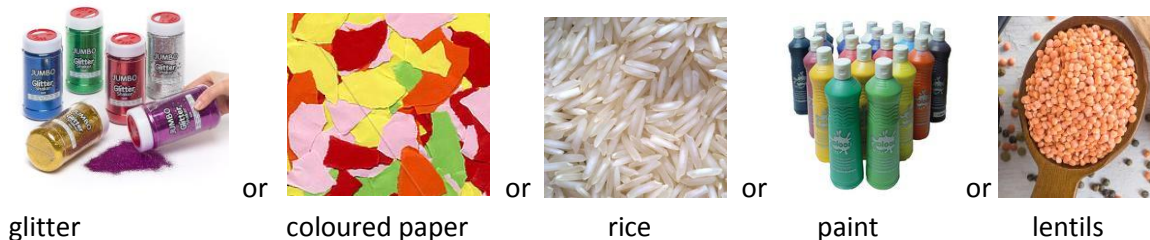
Making Sensory Shakers

You will need: empty plastic bottles or containers with lids such as, takeaway containers. Sensory materials such as glitter, coloured paper, dried rice, lentils, paint, etc.

You will need two containers that are the same, such as those below.



You can use different sensory materials. Put the same material in both containers. See below for suggestions.



glitter

or

coloured paper

or

rice

or

paint

or

lentils

Put some of your chosen sensory material into both bottles/containers (your child can help with this – even if they just watch you do it!) Put the lid on **MAKE SURE IT IS WELL SEALED** – USE sticky tape to be extra sure!



Give one container to your child and you have the other one. Imitate your child's movements and reactions as they play with the container. Have lots of fun together!