



# STARLIGHT'S SENSORY SQUISHIES

## YOU WILL NEED:

- Zip-lock bags (freezer bags work best)
- Hair gel, body wash, or clear liquid soap
- Glitter, sequins, or small plastic items (e.g. buttons, googly eyes, foam shapes)
- Food colouring (optional)
- Duct tape or strong tape to seal edges
- A tray or surface for play

## METHOD:

- 1. CHOOSE YOUR FILLER:** Start by choosing a base like hair gel or body wash. This will give your sensory bag a lovely squishy feel. Add a few drops of food colouring if you'd like some colour!
- 2. ADD THE FUN BITS:** Pop in glitter, sequins, beads, googly eyes, or any other small decorations. Keep it light and flat so the bag can still close easily and move smoothly.
- 3. SEAL THE BAG:** Carefully seal the zip-lock bag, pressing out as much air as possible. For extra security, tape along all edges of the bag with duct tape to help prevent leaks, especially if little hands will be squishing it!
- 4. READY TO PLAY:** Lay the bag flat on a tray or table and let children press, squish, and move the items around inside. They can trace shapes, follow paths, or simply enjoy the texture.

## FUN IDEAS TO EXPLORE SENSORY BAGS:

**LETTER OR SHAPE TRACING:** Draw letters or shapes on paper and tape it underneath the bag. Children can trace over it through the squishy surface!

**FROZEN SENSORY BAG:** Freeze your finished bag for a chilly, firmer sensory experience (great for hot days!).

**GLOW IN THE DARK:** Use glow-in-the-dark paint or small glow items inside for a fun effect in dim light.

**TEXTURE PLAY:** Add things like dry rice, soft pom poms or foam stickers for different feels.

## SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



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**STARLIGHT**

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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