



Sensory Fun!

Activity:

Frozen Ocean

**Optional Materials*

Alternative:

Use any plastic animals you have around the house. Example, dinosaurs and trees - call it Frozen Jurassic World.

Benefits:

Sensory activities can be great for all youth, but they're particularly beneficial for children with a disability. While every child has their own likes and dislikes, most find it both fun and therapeutic – and in the process, can help their development in a whole range of ways. www.aruma.com

Materials:

- Containers – one to freeze the ocean items in and a larger one to put the frozen block in to “free the animals”
- Water
- *Food Coloring
- *Shaving Cream
- Ocean Creatures
- Squirt bottles (old glue bottles, ketchup/mustard containers, etc. – check your recycling bin)
- Tools to free the creatures (spoons, tongs, etc.)
- Table Salt

Prep:

Together you and your child fill the smaller bowl with creatures, water and food coloring and shaving cream. Place the bowl in the freezer. Fill squirt bottles with water and food coloring. Pour salt into safe bowls and add a few drops of food coloring.

Directions:

1. Once the items are frozen remove from bowl and transfer to the larger bowl or just place directly onto a plastic table cloth on the ground outside.
2. Set up tools
3. Before starting discuss what items they are going to try and rescue first and what items might be used to free them the fastest.
4. Work to “rescue” the sea creatures

The Arc of Palm Beach County
Community Inclusion Program





Prep – fill a bowl with water and sea creatures



*Add shaving cream



Place bowl in freezer



Fill bottles with water and food coloring



Mix salt and food coloring



Remove from freezer and place into a larger bowl with tools



Rescue the animals