



Sensory Fun!

Activity:

Sand Foam

**Optional Materials*

Benefits:

Sensory stimulation help grow and develop synapses which in turn progresses their development in cognitive skills, learn language skills by interacting with other children and instructors, work on fine-tuning motor skills, and develop social skills by working together in a group. There are children that cannot easily understand the messages their senses are providing, so sensory play helps them build these skills in a safe and caring environment.

Materials:

- Clean sand
 - Shaving cream
 - Large Tray or Tub
- *There are no real defined amounts for the ingredients, the sand and shaving cream amounts can be adjusted until you are happy with the consistency. We started with 3 cups of sand and 200ml of shaving cream, however, we added another 3 cups of sand to our mixture to explore what would happen.
- *Dinosaurs, shells, toy cars, etc.
 - *Plastic alphabet letters, numbers, etc.

Directions:

1. Add sand to the tray
2. Gradually add the shaving cream and combine using hands
3. Add more shaving cream until desired consistency is made
4. *Play hide and seek with optional items
5. *Have youth write their name, practice math problems, draw pictures, etc.

**The Arc of Palm Beach County
Community Inclusion Program**



Visuals for Sand Foam



Add sand and shaving cream to a tray



Combine using your hands

play

