

Sparkle Activity Guide

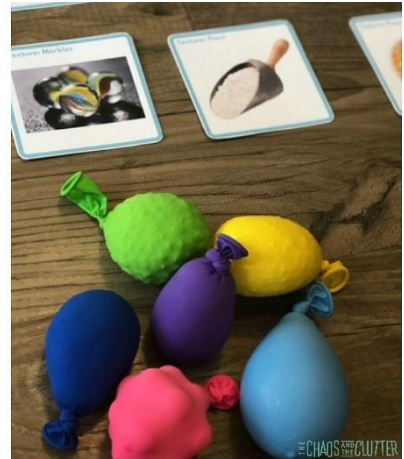
Our play workers have put together this guide with some activity ideas for you to try with your children/young people



Textured balloons for tactile sensory play

What do I need?

- Colourful balloons
- Rice
- Flour
- Oats
- Popcorn seeds
- Sand
- Hair gel/washing up liquid
- Funnel



What do I do?

Step 1: Using the funnel, pour your chosen contents into each balloon.

Step 2: Tie the balloons and let the children squash and squeeze the balloons

BE MINDFUL: If your child is prone to putting items in their mouth, chewing or biting items, make sure the items that you use inside of the balloons are edible. If your child is not prone to this, you can use other items including marbles to put inside the balloons to enhance their sensory experience.

Shaving foam and paint sensory bags

What do I need?

- Shaving foam
- Colourful paint
- Clear re-sealable bags
- Tape

What do I do?

Step 1: Squirt shaving foam and some paint into a clear, re-sealable bag.

Step 2: Seal the bag and tape the seal to ensure nothing escapes.

Step 3: Let the children squish the bags and watch the contents mix together.



Glittery calm down bottles:

What do I need?

- Clear bottle
- Glitter
- Liquid glue
- Funnel
- Glitter glue (optional)
- Hot glue gun or tape



What do I do?

Step 1: Pour your chosen glitter into a clear bottle using a funnel

Step 2: Add clear glue on top of the glitter

Step 3: Add glitter glue (optional)

Step 4: Now all of the ingredients are inside, seal the cap.

Step 5: Using either a hot glue gun or a lot of tape, securely seal the cap of the bottle.

Step 6: The bottle is complete and the children can shake the bottle and watch the glitter inside.

Sensory bottle:

What do I need?

- Clear bottle
- Buttons
- Sequins/pom poms
- Glitter
- Clear hair gel

What do I do?

Step 1: Fill the clear bottle with your choice of different buttons, glitter and sequins



Step 2: Fill the bottle with clear hair gel (If you are not able to access hair gel, try water instead!)

Step 3: Seal the bottle using either a hot glue gun or a lot of tape to ensure it is secure

DIY edible painting

What do I need?

- Natural yoghurt
- Food colouring
- Bowls
- Spoons
- Basting brush or paint brush



What do I do?

Step 1: Put the natural yoghurt and food colouring into a bowl

Step 2: Mix it all up in a bowl

Step: Paint!

Sensory monster or character bags:

What do I need?

- Clear re-sealable bags
- Clear hair gel
- Googly eyes
- Thick black felt pen/sharpie
- Duct tape



What do I do?

Step 1: Draw a monster or a chosen character on the front of a clear re-sealable bag

Step 2: Place clear hair gel and googly eyes inside of the bags

Step 3: Seal the bag with duct tape (to a surface if possible)

Step 4: Let the children move the eyes around inside of the bag to give the monster/character some eyes

Sensory letter or number bags:

What do I need?

- Clear re-sealable bags
- Clear hair gel
- Magnetic letters and/or numbers
- Duct tape

What do I do?

Step 1: Place clear hair gel inside of the clear re-sealable bag

Step 2: Add magnetic numbers and/or letters

Step 3: Seal the bag reinforcing with duct tape to make sure the bag doesn't leak



Sensory path (using foam tiles)

PINTEREST: <https://hadido.com/pp/education/12-creative-sensory-walk-activities-for/472526185899>



Washing basket problem solving:

What do I need?

- Large plastic washing basket
- String
- Various chosen items (including bottle, toys)

What do I do?

Step 1: Place different items inside of the washing basket

Step 2: Weave string in and out of the holes towards the top of the washing basket (making the gaps different sizes)

Step 3: The aim is for the child to work out which gaps are big enough for them to reach inside of the basket and collect the different items from inside



Numeracy car parking game:

What do I need?

- Small toy cars
- Cardboard box
- Thick black felt pen/sharpie
- White labels

What do I do?

Step 1: Place numbers 1-10 or 1-20 on stickers. Place the numbers on top of the cars

Step 2: Cut the top off the cardboard box

Step 3: Draw a car park inside of the box (ensuring there are enough spaces for each car)



Step 4: Write the numbers for each car in the spaces

Step 5: The aim of the game is for the children to drive each car into the correct car parking spaces

Car ramps:

What do I need?

- Cardboard
- Small toy cars
- Thick black felt pen/sharpie

What do I do?

Step 1: Turn long strips of cardboard into car park ramps by simply drawing road dashes down the middle

Step 2: Lean them up against a step, wall or sofa

Step 3: Let the children put the cars at the top of the ramp and watch which car gets to the bottom first



Rabbit ball game:

What do I need?

- Cardboard box
- Paper
- Glue
- Sticky tape
- Felt pens
- Paint
- Scissors
- Ball pit balls/plastic coloured balls (X6)
- Any form of sport stick (hockey stick, golf club, tennis racket)



What do I do?

Step 1: Cut an arch into the side of a cardboard box, cutting from the bottom to halfway up the box

Step 2: Paint the box, draw or paint red circles either side of the arch for red cheeks, draw or paint eyes and a nose above the arch

Step 3: Make white rabbit teeth out of the white paper and stick to the top of the arch

Step 4: Paint tall ears for the rabbit and stick to the top of the box

Step 5: The aim is for the children to hit the balls into the open arch of the rabbit's mouth

Cup bowling game (Outdoors or indoors!)

What do I need?

- Plastic cups
- Plastic ball/soft ball
- Thick black felt pen/sharpie

What do I do?

Step 1: Write numbers 1 - 10 on the plastic cups

Step 2: Stack the cups up into the shape of a pyramid

Step 3: Throw the ball at the cups and see how many the children can knock down



Melting Elsa's frozen hands:

What do I need?

- Clear latex gloves
- Buttons (Pink, purple, blue)
- Beads (Pink, purple, blue)
- Plastic crystals
- Ribbon (Blue, pink, purple, white)
- Curling ribbon
- Twist ties
- Access to water
- Table salt (in shakers)
- Small spoons or scoops (if required)
- Baking sheet
- Spoons
- Bowl or plastic tub



What do I do?

Step 1: Fill the gloves with the different treasures (buttons, beads, ribbon etc)

Step 2: Fill the gloves with water and securely tighten with a twist tie. Add some curling ribbon if required.

Step 3: Place the hands on a baking sheet and set in the freezer over-night

Step 4: Remove the gloves from the freezer and let the child(ren) inspect how icy and cold the hands are

Step 5: Remove the hands from the latex gloves. Run them under a light flow of very cold tap water.

Step 6: Use scissors to cut away the latex and slowly slide the gloves off the hands - Make sure you are gentle so the fingers do not snap!

Step 7: Place them inside a tub or a bowl and let those hands melt. Let the children dig for the treasures if wanted.

Cornflake cakes:

What do I need?

- 50g butter
- 100g milk or dark chocolate (broken into chunks)
- 3 tbsp golden syrup
- 100g cornflakes
- Large bowl
- Saucepan/microwave bowl
- Muffin tray
- Cupcake cases
- Wooden spoon



What do I do?

Step 1: Weigh out the ingredients. Put the butter, chocolate and golden syrup into a saucepan or microwave bowl **(Children)**

Step 2: Put 100g of cornflakes into a large bowl

Step 3: Melt the weighed butter, chocolate and syrup over a low heat or briefly in a microwave **(depending on the age and capability of the child, decide whether they can do this or whether the adult needs to complete this step)**

Step 4: Stir the ingredients together gently using a wooden spoon.

Step 5: Spoon the mixture into 12 cupcake cases on a muffin tray

Step 6: Place in the fridge to set

Step 7: Remove and enjoy!

Ice cream in a bag

What do I need?

- Small re-sealable bags
- Large re-sealable bags
- Ice cubes
- Sticky tape
- 6 tbsp rock salt
- 300ml semi-skimmed milk
- 1 tbsp caster sugar
- $\frac{1}{4}$ tsp vanilla extract
- 150ml cream (if wanted)
- Ice cream sauce
- Hundreds and thousands



What do I do?

Step 1: Pour the milk (and cream if wanted), sugar and vanilla extract into a small re-sealable bag (Double the bag up).

Step 2: Close and secure the bag with sticky tape to ensure it is securely shut.

Step 3: Tip ice and salt into the large re-sealable bag and place the smaller bags inside of the large one and seal well

Step 4: Shake and move the bags for 10-15 minutes while the milk starts to freeze. Gently throw the bag from hand to hand or take turns shaking it - wear gloves to keep your hands warm!

Step 5: Carefully remove the ice-cream bag, open, scoop into bowls and sprinkle with hundreds and thousands and sauce!

Attention bucket

What do I do?

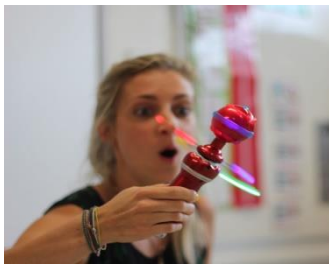
If no bucket is available, other items can be used in its place, for example:

- Washing bowl
- Stocking
- Hat
- Cardboard box



All items inside of the bucket are for the parents use only. Make sure the children know that it is **YOUR** bucket and they are not allowed to touch it or its contents.

It does not have to be expensive. Any wind-up toys or exciting toys (flashy or noisy) that you have in the house can be used!



Useful links:

FACEBOOK: Gina Davies Autism Centre (For videos and ideas)

Overview of what to do! <https://best-practice.middletownautism.com/approaches-of-intervention/attention-autism/>

Paint with Ice

What do I need?

- Food colouring
- Ice cube tray
- Craft sticks
- Paper
- Plastic wrap (optional)



What do I do?

1. Help your child pour a couple of drops of food colouring into the ice cube tray. Let them count out how many cubes of each colour they want.
2. When they are done filling up the tray, have them put a craft stick into the middle of each paint cube. The sticks should be able to stand up on their own, but if they won't stay up, try covering the tray in plastic wrap. Then poke the sticks through the wrap for extra stability.
3. Have them carefully place the ice cube tray in the freezer, and let it sit until the paint is frozen solid.
4. When the paint cubes are frozen, it's time to paint! Ask your child to choose a colour, and help them to pop the chosen paint cube out of the tray.
5. They can hold the craft stick and swirl the frozen paint cube over paper. As it melts, it'll leave a lovely trail of paint. Encourage them to use several different cubes to create their masterpiece.
6. As they paint, discuss the process of freezing. What happened to the paint when they put it in the freezer? What's happening to the paint when it's exposed to the warm air and paper? What does the paint feel like as it melts?

Ice paint is also a great tool in teaching your child about colour mixing. Freeze only yellow and red paint cubes, and let your child discover what results from using those colours together. As they melt, the paints will magically mix into orange!

Caution: This craft is quite messy, so be sure to cover your work space.

Underwater I spy alphabet bottle

What do I need?

- Empty water or plastic soda bottle (best to use one without ridges)
- Alphabet beads from the craft store
- Glitter
- Sequins or any tiny sparkly things
- Corn syrup
- Water
- Sheet of paper
- Highlighter
- Glue gun (optional)



What do I do?

1. Write the alphabet from A-Z on a sheet of paper. Have your child lay all the beads from A-Z on the table. Check that they have all 26 letters and then drop them into the empty bottle.
2. Have your child drop in sequins. Help your child sprinkle some glitter inside.
3. Fill half the bottle with water and the other half with corn syrup. The corn syrup slows down the motion of the contents and helps the glitter not to stick together.
4. You can hot glue the lid onto the bottle so little hands don't spill.
5. Shake it up and watch the pretty water! How many letters can your child spy? Using the alphabet paper you wrote, have her highlight each letter she can find. Can she also spot the letters in her name? Have fun shaking!

Ice Block Treasure Hunt

What do I need?

- Plastic container or bowl
- Water
- Small toys: plastic animals or dinosaurs, tops, rubber balls, shells, coins (for older children), etc.
- Optional: ice cube tray, food colouring and water to make coloured ice
- Warm water, spray bottles, paintbrushes, salt, a hammer - anything that you or your child may think of that could be used to get the toys out of the ice block



What do I do?

Step 1: (Optional) Make and freeze ice cubes using the food colouring and water

Step 2: Fill the plastic container with about an inch of water. Add three or four toys and some ice cubes and freeze.

Step 3: When the first layer is frozen solid, add more water and a few more toys and ice cubes. Repeat this process until your container is full and you have a solid block of ice. It may take a couple of days to create your ice block

Step 4: Remove the ice block from the plastic container.

Step 5: Give the kids some of the supplies for excavating the toys from of the ice. I started by giving them spray bottles, paintbrushes, spoons and water. I waited a while to give them the salt and saved the hammer for last.

Step 6: Let your kids have fun exploring and experimenting with the ice block and tools. They'll enjoy the process of discovering and digging out their treasures.

Take extra care if you choose to allow your children to use a hammer, especially if you are doing this project with more than one child. Another note-- we broke a couple of necklaces and a few other items that were made of harder, less flexible plastic. There's a chance that some of the small toys could get broken, so be sure to use toys that you and your child won't miss. Happy exploring!

Homemade musical instruments

There are lots of different musical instruments that you can make with young children, and creating them can be just as much fun as playing with them. Ideas include shakers (e.g. fill plastic bottles with rice or dried beans), rattles (e.g. thread buttons or beads onto some string), drums (e.g. use wooden spoons to beat on plastic tubs) and chimes (hang up some bottle tops or shells).



Sensory Work Station

The sensory work station involves the planning of various station based sensory activities/ items to be set out around the room for children to engage with. Ideas for such stations involves using toys or items that would meet the children's sensory needs. These can be as follows:

- Ice
- Colouring pencils
- Lego
- Moulding foam
- Rice/ corn flakes / Pasta / Rice crispies
- Any kind of breakfast cereal
- Playdough / salt dough
- Gym ball

- Swing
- Trampette / Mini trampoline
- Custard
- Squirty cream
- Tin fruit
- Water
- Shaving foam
- Slime
- Plastic alphabets/ numbers
- Oats
- Feathers
- Resistance band - would require another person to this activity

Links for even more fun!

Bubble Wrap Stomp Painting

https://www.messforless.net/bubble-wrap-stomp-painting/#_a5y_p=2158234

Bouncy ball art

<https://crayonboxchronicles.com/2013/09/04/bouncy-ball-art/>

Bubble Foam Sensory Activity

<https://busytoddler.com/2015/11/bubble-foam/>

Sensory trays

<https://mamasgeeky.com/2015/09/sensory-play-with-wunderbox-portable-sensory-bins>

Cookie cutter bird feeder

www.prettyprudent.com/cookie-cutter-bird-feeder

Non-toxic and edible Playdough

PINTEREST: <https://www.survivingateacherssalary.com/diy-edible-homemade-play-dough-recipe-with-koolaid-rainbow-colors/>

Home-made kinetic sand

PINTEREST: <https://eatingrichly.com/kinetic-sand-recipe/>

Two-ingredient moon sand

PINTEREST: <https://littlelearningclub.com/2-ingredient-moon-sand-recipe/>

More useful links:

<https://theimaginationtree.com>

Creative arts and craft activities for the very youngest

<https://toytheater.com/>

Educational online games

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff9A3tAktnmpaxqZbkgudD49I71ep8-sjXmrac>

Activities and quizzes

<https://www.twinkl.co.uk>

A month of free access or parents for printouts to help with primary resources

<https://www.bbc.co.uk/cbeebies/radio>

Listening activities for the younger ones

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for primary age children

<https://crestawards.org>

Science awards you can complete from home

<https://www.bighistoryproject.com/home>

Aimed at secondary age children

<https://world-geography-games.com/world.html>

Geography gaming!

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

Blue Peter Badges

<https://www.facebook.com/artfulparent/>

Free art activities

<https://blockly.ames>

Learn computer games

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids

<https://www.duolingo.com>

Learn languages for free, web or app

<https://khanacademy.org>

Especially good for maths and computing for all ages.

<https://www.bbc.co.uk/learning/coursesearch/>

Lots of information regarding loads of different subjects.

Check out these cool educational videos:

<https://thekidsshouldseethis.com>

Wide range of cool educational videos

<https://thecrashcourse.com>

You tube videos on many subjects

You can also use the Kids channel for younger children

<https://m.youtube.com/user/crashcoursekids>

<https://ed.ted.com>

Engaging Educational videos