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Gluten Free Sensory Play

Why is sensory play so important? Sensory play is important for children that seek or avoid input from their surroundings. Think of receiving sensory input like filling up a cup. The bigger the cup, the more liquid (or input) somebody needs. If your child enjoys the touch of varying objects and playing with different textures, then this is for you! The tools needed for these activities contain inexpensive household items and are all gluten-free.

Sensory Spaghetti:

Ingredients:

Gluten-free Spaghetti noodles: $1.96 Walmart and Target
Olive Oil: $2.52 Walmart
Sandwich bag: $1 Dollar Tree

- Cook desired amount of spaghetti noodles following the directions on the box.
- After they are cooked, drain the water and rinse with cool water.
- Coat the noodles with 2 tbsp of olive oil
- Divide the noodles into sandwich bags for different colors.
- Drop food coloring into the bag of noodles and mix or shake around.
- Let it sit in for a few minutes.
- Pour them into a bin for play
- Store in the fridge until the next play time

https://teachingmama.org/spooky-noodles-sensory-activity/

Garden Bin:

Ingredients:

Black Beans: $0.58 Walmart
Pasta Fiori $1.17 Walmart
Plastic bugs, creatures, and frogs: Dollar Tree

- Wash beans and dry them out
- Place beans in bin
- Place Fiori noodles in bin (option to dye noodles)
  - Place noodles in a plastic bag, coat with ¼ cup of vinegar and add drops of food dye
  - Shake for 5-7 minutes or until noodles are colored
  - Lay noodles on cookie sheets lined with parchment paper overnight
- Place plastic bugs or other desired toys in the bin

Options to integrate counting and cups for exploring are also good ideas!

https://teachingmama.org/spring-sensory-bin/

Finger Paint:

Ingredients:

1 1/2 cups rice flour: $1.99 Target
1 cup dish soap $1 Dollar Tree
1 cup water
Food coloring (4 colors): $3.69 Target & Walmart

- Add rice flour, dish soap, and water into a bowl
- Mix for two minutes
- Place into separate bowls to mix different colors
- Add food coloring into bowls and mix until a desired color is reached

https://pintsize...res.com/quick-easy-gluten-free-finger-paint-ready-four-minutes/

Bubble Goo:

Ingredients:

1 cup of Corn Starch: $0.92 Walmart for 16 oz
¼ cup of hand or dish soap: $1 Dollar Tree

- Mix 1 cup of cornstarch and ¼ cup of dish soap
- Scented dish soap can be appealing to the senses
- The dough is malleable, moldable, and gooey

https://www.creativeplayhouse.mumsinjersey.co.uk/2013/02/bubble-dough.html