

Sensory Activity: Squishy Bag 0-3 years

Materials:

1 Zip lock-bag, food coloring, 6 tbs of water, 1 cup of flour, bowl, Duck tape

Directions:

1. Place flour into a bowl
2. Add desired amount of food coloring
3. Add Water
4. Mix until all ing. Are blended
5. Place mixture in bag

Language Development:

Talk, Talk, Talk 😊 While creating it talk through each step. Describe the way it feels to you and let your kiddo explore the bag. If they are old enough ask what the bag feels like and what they like about it.

Music & Movement:

Find or sing a song and have your child dance with the bag under their feet.

Colors and Shapes:

Create different colored bags. Use primary colors to create new colors.

Draw shapes on the bag with your finger and say the shape as you draw.

Have them draw their own shapes.

Letters & Numbers:

Do the same with letters and numbers. Write their name in the bag and how old they are. For example, I'd spell LeEssa and write 5 months old. If your little one is old enough write a story with them!

Creative Art:

Let them have fun! Let them explore the bag on their own, or have them draw pictures on the bag. (No paint on the walls to clean up afterwards 😊)

Daily Life Skills:

Clean up Time!! If you have a baby have your kiddo come into the kitchen with you to clean up. If your kiddo is a little older, have them help you clean up!