



Supportive Therapies Virtual Festival Planning Sheet

Sensory Session

Ice Balloons

Chill out with a frozen water balloon and experience some beautiful science!

Group or 1:1 activity

Resources Required:

- Balloons
- Water (Hot and Cold)
- Popping candy
- Food Colouring
- Sea salt (Rock Salt)
- Tray – ideally a clear tray
- Jug x 2
- Scissors

Method:

Refer to video - But make sure the balloon is filled and in the freezer 24-48hours before activity ☺

