



Supportive Therapies Virtual Festival Planning Sheet

Sensory Session

Messy Creations:

A semi unstructured sensory activity that explores paint, shaving foam, bath foam and more - best completed outside!

These activities are a great way to engage the senses and connect with others in a fun and meaningful way.

Resources Required:

- Shaving foam
- Water balloons
- Giant balloons
- Skewer /something to pop large balloon
- Paint
- Foaming soap – Crazy Foam
- Sequins/glitter – optional
- Squeaky ball (optional)
- Fly swatters/Potato masher
- Water spray bottle
- Large Paper /Old Bed sheet
- Tray
- Bowl
- Optional – hula hoop
- Sequins/glitter
- Ball (optional)
- Stamps (optional)

Method:

Refer to video 😊

