



SURPRISE SENSORY BAGS

IDEAL AGE: 3+

Experiment with texture, color and light with this squishy science activity.

LEARN TOGETHER

Sensory activities are a great way to help children develop science and language skills as children make observations, test predictions and ask questions.

MATERIALS

- Seal top (zip lock) plastic bag
- Hair gel
- Food coloring
- Packing or duct tape
- Tiny toy animals or figurines
- Beads
- And other small items

MAKE TOGETHER

Fill a seal top (zip lock) plastic bag with hair gel, leaving some room at the top.

1 If you have food coloring, add a few drops for a fun color.

2 Add different small items to your sensory bag, like tiny toy animals or figurines, beads, glitter, confetti, sequins, or anything else you'd like.

3 Seal the bag up tight with some strong tape.

4 Now do some sensory exploring together!
Close your eyes and feel the different items in the bag.
How many words can you come up with to describe what you feel? What do you feel when you hold the bag upside down or press down on one side?

5 If you have food coloring, make a new bag and add two different colors. What might happen if you mix some of these colors together?

6 Hold your sensory bags to the light or by a window.
What do you see?

7 You can make all different types of sensory bags and keep the exploring going all day long!



For more fun activities, please go to
cmom.org/resources

