

# Sensory ice play with Monkey Puzzle Day Nurseries!



## What is sensory play?

Sensory play includes any activity that stimulates your young child's senses: touch, smell, taste, movement, balance, sight and hearing. Sensory activities naturally encourages your child to use scientific processes whilst they play, learn, create, investigate and explore.

## What will you need?

- ✓ Ice trays/containers – all different sizes and shapes
- ✓ Any small plastic animals (sea life animals/water based animals)
- ✓ Water
- ✓ Food Colouring

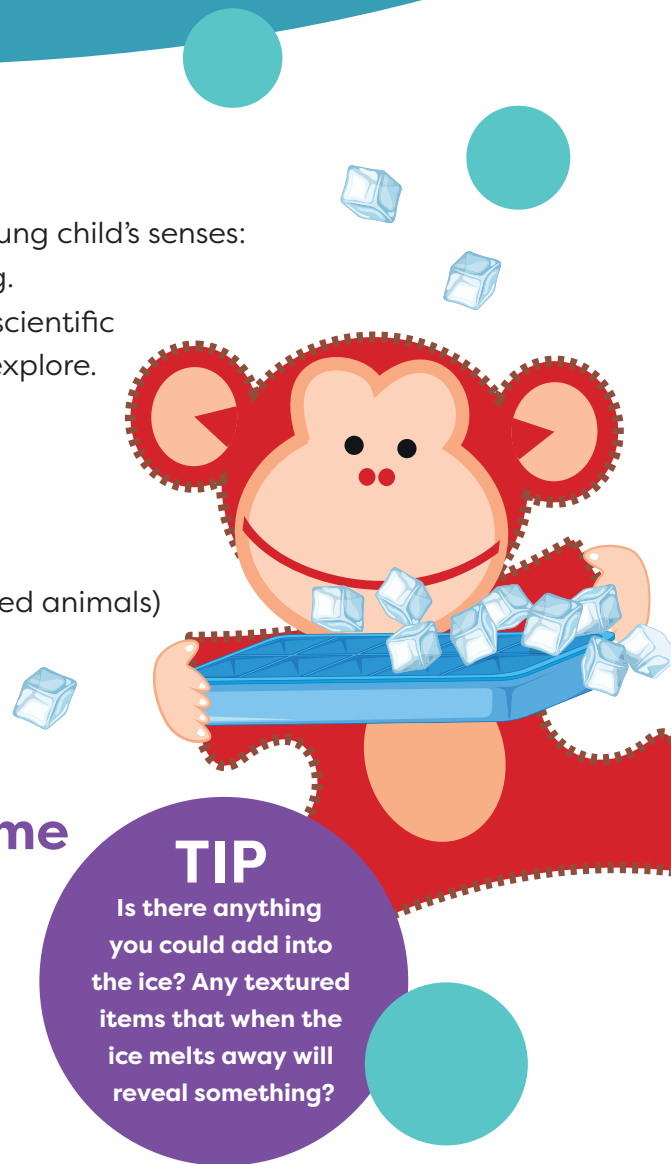
## A day or two before sensory time

Fill all of the different ice trays and containers with water and any food colouring you wish and put them into the freezer. Any containers will do, yoghurt pots, biscuit pots, large/small bowls.

## Sensory day

Take the ice cubes out of the freezer and leave them to settle before taking them out of the moulds. Add the ice to a large tub which the children can access, as well as the animals and let the children explore!

To make the most of out of the sensory opportunity, talk about what is in the tub, what your child can feel, use descriptive



words and communicate what is being experienced. How cold is the ice? Where would the animals normally live? How does the ice feel? Allow your child's imagination to wonder and use their 5 senses!

**But most of all, ENJOY your time with your child and help them to Learn, Play and Grow.**