

## Sensory play

*Tips for parents “Sensory play encourages children to mindfully explore, experience, investigate, create and observe different textures, sensations and aromas using their senses, while developing fine motor and hand eye coordination skills.”*

### Rainbow Ice



For this activity you will need an ice cube tray and some food colouring or paint.

Make rainbow ice. Use food colours or paint to make different coloured ice cubes.

Mix colours to see what other colours you can make or paint with them

## Listening and attention games

Colour hunt: [Video explanation](#)

*Tips for parents “Using eyes to focus on what they can see in the environment encourages the child to engage their senses and to be aware of their surroundings. Finding the objects promotes the feeling of accomplishment and achieving a goal.”*

What colours do you see in a rainbow?

First, make a list of all the colours.

Look around the garden or your home or things that are red, orange, yellow, green, blue, indigo, purple.

Go on a colour hunt and look for things either in the garden or outside that are the colours of the rainbow.

