

How to Make a Sensory Bag

The sensory bag can be used to practice handwriting or used as a calming tool.



1. Get a zippy wallet or a sandwich bag.
2. Decide if you would like to use shaving foam or hair gel.
3. Place shaving foam or gel in the bag.
4. Add some glitter or sequins.
5. Seal the bag and use some strong sellotape to seal securely.
6. Encourage your child to use their finger to make shapes/patterns/letters.
7. HAVE FUN.