

## RECIPE FOR FUN

# Sensory Bag Exploration

**Supplies Needed:** *gallon sized zipper bag, water, things to go in sensory bag (food coloring, beads, googly eyes, frozen veggies, pom poms, water beads, etc.) duct tape/packaging tape (optional)*

### Instructions

1. Open the zipper bag and partially fill with water (I like the squash-ability with about 4 cups). You want the bag to be full enough to have a fun feel and wavey quality but not so full that it is easy to pop.

Optional: add a few drops of food coloring to the water

2. Add your desired things into the bag

Optional: you can reinforce the top, bottom, and sides of the bag with tape to prevent littles from opening it up or popping the bag as easily

3. The sensory bag is all ready to be played with on the floor, at the table, in a highchair, or wherever else you can think of



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## **COUNT, GROUP, AND COMPARE**

You can count the objects in the bag, group the objects by color, and compare their various sizes.

## **EXPLORE THROUGH MOVEMENT AND PLAY**

Babies might enjoy squishing and swatting at the sensory bag during tummy time while older children can play fun games like "I Spy" with it. "I spy something red. Can you find it? You're right it is a pom-pom! Now, it's your turn. What do you see?"

### **What are The Palmetto Basics?**

The Basics are five fun, simple, and powerful ways that every family can give every child a great start in life. Scan the QR code below with your camera app or visit [www.palmetto.thebasics.org](http://www.palmetto.thebasics.org) to learn more.



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