

Section: 7 Yoga and Sensory Work Lesson Number:

• NAME OF LESSON •

## **Shaving Cream & Paint**

## MATERIALS REQUIRED

- Shaving cream make sure this is unscented if you r child is sensitive to smell
- Paint- whatever colour your child likes. Just a few drops will suffice

## HOW TO

Kids love playing with shaving cream, and it can be a relatively inexpensive sensory item. Use whatever shaving cream you can get your hands on [Make sure to get non-scented shaving cream if your child is sensitive to smells] and then either spray some in a container for your kids to play with or on a nice large table top if you don't mind a bit of a mess. If you want to step up the fun factor as well as introducing another sensory element, then add a couple drops of paint and watch as kids get to interact directly with the rainbow

