



Note: Please supervise these activities with your child at all times.

Name of Lesson/Programme:

Kinetic sand

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 4

Purpose:

Sensory activity

Materials Required:

1. This is a table top activity. Or can be done in the garden supervised. You will need kinetic sand in a container.
2. Spoon, plastic cups or toy animals/figures/bucket to build a sandcastle.

How to:

You will need the child to sit at a table next to you or opposite you. You will need to sit close enough to the child to help them direct the activity if necessary.

1. Some children love kinetic sand and will lead the play themselves.
2. Add some cups or toy figures to the sand so the child can play with them.
3. Bury objects and encourage the child to find them.
4. Some children may struggle with the texture of kinetic sand so you can offer them another sensory activity to do.