



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

Name of Lesson/Programme:

### ***Dry messy play***

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

#### **Purpose:**

Sensory activity

#### **Materials Required:**

1. This is a table top activity. You will need a large bowl filled with dry contents such as cereal, lentils or dried noodles.
2. Spoons, plastic cups or toy animals/figures/cars

#### **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. Have all the dried contents in a bowl ready to go.
2. Sit at the table with your child and encourage them to play with the contents with their hands, spoon or cups.
3. You can also add some of your child's small toys to play with such as cars, peppa figures or farm animals.
4. You can also try some imaginative play with the animals or toy figures.
5. Once the activity is completed you can store the dry messy play contents in a plastic container (lunch box) and keep it safe for another day.

6. Throw away contents once you are unable to use and start over with new cereal, noodles etc.