

Sensory Play with Food and Crafts- Textures

Miss A loves texture and fine details so I decided it would be a great activity to put together a range of foods of different size, texture and colour and some craft materials into muffins trays and let her explore and play.

What you will need:

- Sponge- cut into different shapes
- Straws cut into small sticks
- Pom poms
- Peanut butter
- Slightly blitzed blueberries
- Yogurt
- Dried pasta
- Dried rice
- Sultanas
- Weet-bix
- Dried lentils
- Oats



What I discovered-

My daughter is still at the put everything in her mouth stage so I had to be very careful and keep a close eye on her when dealing with the dried pasta, rice and lentils as well as the craft stuff.

She loved playing with the different textures, eating the foods she was allowed to eat, running her fingers through the different textures and making a mess.



By Clare at **Relaxed Parenting**

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