

Multi-Sensory Ideas

Below is a list of resources you can use for a multi-sensory approach:

- Salt
- Sugar
- Flour
- Rice
- Porridge oats / cereals
- Seeds/lentils/pulses
- Yogurt/mousse
- Coffee
- Paint
- Playdough
- Shaving foam
- Chalk
- Feathers
- Lollypop sticks
- Sequins
- Glitter