

Sensory Resource Disclaimer



Sensory activities can engage children in their play and learning, but supervising adults should check for allergens and assess any potential risks (such as the risk of choking from small objects) before the activity and only proceed if it is safe to do so. We cannot be held responsible for the health and safety of those participating and cannot accept any liability. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.

MINDFUL MOMENTS

CHALLENGE CARDS



Created by

twinkl

Roll a large Play-Doh piece between your hands to make a ball shape.

Hold the Play-Doh ball shape gently in one hand. How would you describe it? Does it feel heavy or light? Would you say it is cool or warm? Hold it close to your nose to see if it has a scent.

Now, make a fist with your hand to squeeze the Play-Doh ball shape as hard as you can, then relax your hand. How has the Play-Doh shape changed? How do you feel after doing this?



Roll a large Play-Doh piece between your hands and the table to make a long shape, similar to a cylinder or tube.

Now, use this shape to make different shapes on the table. Think about the different types of lines and shapes you could make, including swirls, zigzags, spirals, waves, horizontal, or vertical.

What type of line makes you feel calm?



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Use your Play-Doh colors to make a plane. Hold your Play-Doh plane in your hands and imagine that you can fly like a plane.

Close your eyes and think about what it would feel like to have the air flow across you as you travel through the sky.

Breathe in and out slowly as you imagine the bright blue sky and the white fluffy clouds around you. Try this for five minutes.



Use your Play-Doh colors to make a creation, such as an object or an animal.

Working with a partner, take turns closing your eyes and passing your Play-Doh creations to each other.

Hold the creation gently in your hands. Touch and turn the creation, feeling each part of it. Try to describe each aspect of it in detail to your partner, and then guess what the creation is. Open your eyes to see if your guess is correct.

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1 2 3

Separate a large Play-Doh piece into 10 smaller pieces. You could make these into any shape that you wish. Arrange these pieces so you can count them easily; this could be in a line, circle, or any way you want to.

Now, count these 10 Play-Doh shapes slowly. Point to each shape as you count and concentrate on your breathing.

How do you feel after you have counted to 10? Repeat this activity if it helps you to feel calmer.



Different colors might help us to feel different emotions.

Choose a Play-Doh color that helps you to feel calm.

Try to find other Play-Doh colors that help you to feel different positive emotions, such as happiness, excitement, peace, or confidence.

How could you combine these colors to make something that represents all of your positive feelings?

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Notice how you feel right now.

Use your Play-Doh shapes to make a face that shows this emotion.

Think about how the features of your face will look.

You could try looking in a mirror to see what this feeling looks like. Why do you think you feel this way? You might want to describe your emotion to a partner or an adult.

