

Sensory Boards



The aim of this activity is to:

- To encourage children to explore a variety of textures through hands-on play
- To support sensory development and creative thinking
- To provide a fun, interactive activity that can be made together

Resources needed:

- A piece of wood (or similar sturdy material)
- Strong adhesive (such as super glue)
- Scissors
- A selection of textured materials such as foil, sandpaper, bubble wrap, flannel, sponges, microfibre cloth - you can use anything.

Method

Prepare your piece of wood, ensuring it is clean and safe. Then, choose from the range of available textures and place them on the board.

Ensure they are firmly stuck in place with super glue and allow to dry.

Why is this activity great for children?

Sensory boards help children develop fine motor skills and encourage curiosity. They can explore different textures, describe how each one feels, and even suggest new materials to add.

