Sensory Tray – Picnic themed

This tray can be made up of anything really as everyone’s picnics are all different! You can create this to suit you and your child’s preferences; I know some pupils prefer drier objects rather than wet/sticky ones. You can get as messy as you want! The idea is for your child to explore the different stimuli through as many senses as possible.
Below, I’ve put some pictures of some ideas of what it could look like.

Some ideas of what ton include:

. Dry ingredients: crumbled bread, crisps, sprinkled rice, pasta, crumbled cake, pastry, pieces of cloth, etc.

. Wet ingredients: jam, yoghurt, squirty cream, jelly, custard, etc.

. Fruit and Vegetables: rocket leaves, salad leaves, cucumber slices, apple slices, raspberries, blueberries, banana slices, etc.

