



Squishy Sensory Bag

Episode 44

Introduction

By involving multiple senses to assist children write, draw, or play, they can have tons of fun while practicing fine motor skills. For learners who are just starting to write and draw, this craft is a sensory experiment in trying something new - without the stress of putting pencil to paper.

To use your squishy sensory bag, have your child press, trace, and draw shapes, numbers, and letters! Smaller children can enjoy creating more simple designs and patterns with their fingers, getting them ready for a lifetime of drawing and writing!



Supplies

- Flour
- Water
- Food coloring
- Zip-top bag
- Mixing bowl
- Spoon
- Measuring cup

Instructions

- 1. Mix:** Measure 2 cups of flour into bowl, adding water 1/2 cup at a time stirring until mixture is consistency of glue. If the mixture becomes too thin, add more flour.
- 2. Add:** Squeeze drops of food coloring into mixture and stir until the desired color is reached. You can also add glitter for extra sparkle!
- 3. Pour:** Carefully pour the water and flour mixture into a zip-top bag, filling about 1/3 of the bag. Before closing, release as much air as possible and clean the zip-top of excess goo.

More Resources

Visit the Plano Public Library's official [YouTube channel](#) to view this activity and other Library Make Instruction videos. And check out our blog post about this activity at kidsbrainplano.org/librarymake.

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