HOPE for HIE SUPER SIBS

TWO-INGREDIENT SENSORY PLAY

Grab just **two simple items** and get ready to squish, mix, and explore! This easy activity is all about having fun and using your hands to create. You can mix ingredients in a bowl, large bin, or sheet pan for easy cleanup.

SNOW DOUGH

INGREDIENTS:

- 1lb baking soda
- ½ can shaving cream

DIRECTIONS:

- [ ] Pour the baking soda into a bowl or bin.
- [ ] Slowly add shaving cream a little at a time.
- [ ] Mix until it feels soft, holds its shape, and isn't too sticky.
- [ ] Scoop, mold, and build your "snow!"

COLORED SAND

INGREDIENTS:

- Salt
- Sidewalk chalk

DIRECTIONS:

- [ ] Pour salt onto a paper plate or into a cup.
- [ ] Take one piece of chalk and rub or crush it into the salt.
- [ ] Mix until the color spreads through the salt.
- [ ] Use your colored sand for sensory play, bottle art, or glue pictures.

CLOUD DOUGH

INGREDIENTS:

- 1 cup cornstarch
- ½ cup lotion (regular or baby lotion

DIRECTIONS:

- [x] Add both ingredients to a bowl or pan.
- [x] Mix until it feels soft and fluffy.
- [x] Squeeze, shape, and explore the texture.

MOON SAND

INGREDIENTS:

- 2 cups flour
- ¼ cup baby oil or vegetable oil

DIRECTIONS:

- [x] Pour the flour into a bowl.
- [x] Slowly add the oil and mix well.
- [x] Use your hands to pack, crumble, and build.

OOBLECK

INGREDIENTS:

- 2 cups cornstarch
- 1 cup water

DIRECTIONS:

- [x] Add cornstarch to a large bowl or pan.
- [x] Slowly pour in the water while mixing.
- [x] Try squeezing it—it feels solid!
- [x] Let it rest—it turns back into a liquid!

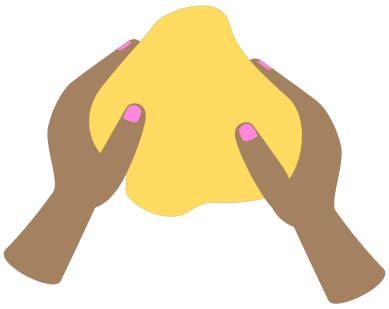
PUDDING DOUGH

INGREDIENTS:

- 1 cup prepared pudding
- ¾ cup cornstarch

DIRECTIONS:

- [x] Mix both ingredients together in a bowl.
- [x] Adjust by adding more cornstarch if it's too sticky.
- [x] Squish, roll, and explore the smell and texture.



MOON DOUGH

INGREDIENTS:

- ¾ cup cornstarch
- ¼ cup hair conditioner

DIRECTIONS:

- [x] Combine both ingredients in a bowl or pan.
- [x] Mix until smooth and soft.
- [x] Mold and play with your hands.

You can add extras like **food coloring, glitter, or beads for more fun! Try using measuring cups, ice cream scoops, spoons, or cookie cutters to build, pour, and explore.*

Sensory Play Matters!

Sensory play can help with **expressing feelings, being creative, trying new ideas, using your imagination and relaxing your body**. Do you like sensory play? How do you feel when you are playing with it? Do you notice any changes in how you feel? Are you relaxed, excited, calm, imaginative? Let us know what you think!