



## **Homemade Sensory Gel Pad**

This sensory activity is really fun. You can explore different textures in each pad.

### ***You will need:***

Gel (hair gel) please feel free to use a range of colours

Freezer bag

Tape

Sensory objects

### ***Instructions:***

Use your hands to feel the texture of the gel

Smell the gel

Add the gel to the bag

Add a range of different sensory objects, these could be confetti, pasta shells, herbs, mud, sand, anything you can find

Seal bag with tape and enjoy hours of sensory exploration

Enjoy!