



# HOW TO MAKE A SENSORY BAG

## WHAT YOU NEED:

- Snap Lock Bag
- Water
- Tape
- Food Colouring

## INSTRUCTIONS:

1. Fill the bag - Pour water into a snap-lock bag until it's about halfway full.
2. Add colour - Squeeze in a few drops of your favourite food colouring.
3. Seal and secure - Close the bag tightly and tape it down to a smooth surface (like a table) to prevent spills.
4. Play and explore - Press, squish, and move the water around!

Extra fun: Add pom poms, glitter, or small waterproof toys for more textures and colours.



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