



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.

Supplies

- Flour
- Food coloring
- Mixing bowl
- Measuring cup
- Water
- Resealable plastic bag
- Spoon



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 resealable plastic bag, filling about 1/3 of the bag. Before closing, release as much air as possible and clean the plastic bag of excess goo.

How to Use Your Squishy Sensory Bag

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!

Additional Resources

Visit Plano Public Library's official [YouTube channel](#) to view this activity and other Library Make videos

Check out our blog post about this activity at [Plano Library Learns](#)

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