

10

Outdoor Sensory Activities

Ice Excavation

Find a tall container that you can freeze and gather small art supplies. You can freeze the supplies by colour or mix them up. Whichever you choose, you will need to freeze different sections one at a time in order for the supplies to set. When you're ready to take the ice out of the container, run the container under water but be careful not to break the container. Give your child some tools to be chipping the ice away.



Melting Ice

Fill a variety of different sized bowls with water and freeze them. After they are frozen, take the ice out of the bowls and place them on a tray. Give your child some coarse salt and have them sprinkle it on the ice to melt it. As the salt has started melting holes into the ice, provide your child eye droppers and coloured water so they can see the holes the salt has created in the ice.

Lava Lamp In A Jar

Use a glass container that has a lid. Fill your jar with vegetable oil just over half then fill the rest of the jar with water, leaving an inch of space at the top. Add 10 drops of your choice of food colouring. Break your alka seltzer into 4 pieces and one at a time, drop each piece in the jar, waiting for the previous piece to finish bubbling. Then watch your lava lamp work!



Spray Bottle Painting

Mix water and different coloured washable paints together and pour the mixtures into different spray bottles. Then you can hang up blank canvases, paper or even a white sheet. Take your spray bottles and begin spraying to create your picture.

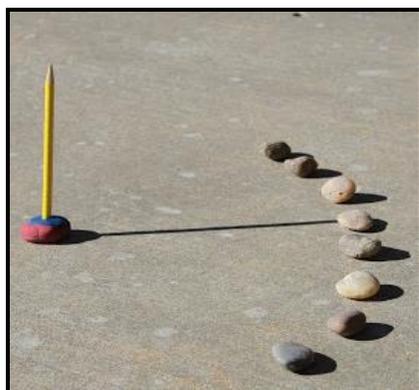
Sand Volcano

Build a sand volcano around a cup, bucket or jar. Add baking soda in the container with food colouring. Then add vinegar and watch as the sand volcano erupts.



Target Practice

Take balloons, styrofoam plates, coffee filters, etc. and hang them outside from a tree, a climber or anything else you have that sits high up. Fill up some water guns and have your children practice hitting the targets.



Sun Dial

Begin making your sun dial by sticking a pencil in clay and then stick it to the ground. Mark each hour with a stone. You can also do this experiment using your own body instead of a pencil, as long as you stand in the same spot every time.

Water Walking Experiment

Line up three jars and fill the outside jars with water leaving the centre jar empty. Using food colouring, fill the outside jars with two separate colours. Take a piece of paper towel, cut it in half and then fold each half into quarters lengthwise. Put one end of the paper towel into the coloured water and the other end in the empty jar. The water will then “walk” up the paper towel and begin to fill the centre jar, mixing the two outside colours together.



S'more Oven

Cut a lid on the pizza box leaving the back side still attached to the box. Line the inside of the box with foil, then line the bottom of the box with black paper. Tightly cover the opening with clear plastic wrap. Insert your s'mores in the box, close the portion of the lid with plastic wrap and prop the foil covered top open. Watch your s'mores cook in the oven and enjoy your tasty treat!

Fizzy Chalk

Mix 1 part cornstarch and 1 part baking soda together equally in each section of a muffin tray. Add your food colouring to each section creating different colours and then slowly add water. If you want a thicker paint, add less water. Take your muffin tray outside and let your child paint the sidewalk using paintbrushes. After they are done making their picture, give them a bottle of vinegar to spray at their picture. Watch as their picture becomes fizzy!

