



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.

