

Cumbria County Council

**What can I do
today?**



This week it is ... bags

Monday

Make a sensory squishy bag.

- Fill a zip lock bag with shaving foam, coloured hair gel, food coloured water, glitter or beads. You may find other things to try.
- Seal the edges with strong tape and let your child explore with their hands and feet!
- You could add a few buttons or frozen peas and let your child find them and move them around the bag.
- You could tape the bag on to a low level window and let them explore the bag and watch the reflection of light coming through the bag.