

Learning together...

Curriculum Area: Sensory Development

Recommended for: From 6 months

Learning Activity: Making Psyllium

Slime

Big Idea:

Edible Sensory Experiences

What to do:

Mix together 1 teaspoon of psyllium husk and ½ cup boiling water, adding in more husks until the desired texture is achieved (this is a great choice for children who eat sensory experiences).



Photo by Kyle Brinker on Unsplash 1

Benefits:

- Sensory experiences support the brain's ability to process and make sense of incoming information, a necessary foundation for understanding the world around us, our wellbeing and lifelong learning.

Links to Early Years Learning Framework:

Outcome 41: Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination, and reflexivity.

Outcome 4.4: Children resource their own learning through connecting with people, place, technologies and natural and processed materials.

Outcome 3.1: Children take increasing responsibility for their own health and physical wellbeing