

Space Sensory Activities - I have found a few sensory activities online. Although most mention children they can be adapted for adults. I will also be putting out a short video on Workplace showing you some sensory bottles/ bags that Kate Jutson and I made . Have fun Michelle (SLT)

[Weighted Space Sensory Bottle](#) from here on The Chaos and The Clutter

[Glow-in-the-Dark Solar System Sensory Bin](#) from here on The Chaos and The Clutter

[Outer Space Playdough](#)

Recipe for Outer Space Playdough:

2 1/2 cups flour

1 1/4 cups salt

1 1/2 Tablespoons Cream of Tartar

2 1/2 cups water

5 tablespoons oil

Black food coloring

Glitter (you could even try glow-in-the-dark glitter)

Optional: Lavender Essential Oil (I hear lavender is calming and we can use all the *calm* we can get in our house) :)

See details on the link

Many thanks Michelle Staniforth - Head of Speech and Language Therapy Sept 2020