

● Benefits of a Slimey Sensory Tray

• Tactile Sensory Exploration (Deepening Sensory Processing Skills)

Slime provides:

- **Cool, wet, stretchy input** that challenges tactile tolerance
- **Variable resistance** (stretchy, sticky, gooey) ideal for sensory discrimination
- A chance to explore textures that many sensory-avoiding young person struggle with

Great for:

- Improving tactile defensiveness (when they don't like some textures)
- Expanding a child's *texture acceptance range*
- Supporting young person with sensory under- or over-responsivity

Other benefits

- **Fine Motor Strength & Dexterity**
- **Hand-Eye Coordination & Motor Planning**
- **Emotional Regulation & Grounding:** Slime can be *incredibly regulating* due to its: slow, repetitive, rhythmic movement
- **Language & Cognitive Skill Development** - You can also incorporate: colour mixing
- **Social Skill Development**
- **Supports Tolerance Building & Exposure Hierarchies**



Safety & Practical Tips

Supervise to ensure young person **don't mouth the slime**.

Provide tools for a hesitant young person (spoons, spatulas, cutters).

Use washable slime or OT-friendly alternatives (chia gel, aloe gel, oobleck, soap slime).

Clear rules help reduce mess anxiety ("Slime stays in the tray").

Sensory Tray Activity



Benefits of a Coloured Rice Sensory Tray

- **Sensory Processing Development**

A tray filled with coloured rice offers:

- **Tactile input:** Light, dry, flowing textures that are less overwhelming than wet or sticky sensory media.
- **Auditory input:** The sound of rice pouring or trickling can be calming or alerting depending on the child.
- **Visual stimulation:** Bright colours help maintain attention and provide opportunities for visual sorting and discrimination.

- **Great for young person who:**

- Seek tactile input
- Are developing tolerance for new textures
- Need graded sensory experiences

Other benefits

- Fine Motor Skill Development
- Attention, Focus & Regulation
- Language & Cognitive Development

- Imaginative and Pretend Play
- Emotional Expression & Confidence Building
- Social Skill Development

Benefits of a Cornflakes Sensory Tray

- **Gentle Tactile Sensory Input (Great for Sensory-Hesitant Young person)**

Cornflakes offer:

- A **dry, crunchy** texture that feels safe and non-threatening
- A **gradually changing texture** as young person crush it (from crunchy → powdery), giving a graded tactile experience
- Less likelihood of tactile defensiveness compared to slime, foam, or sticky textures

Ideal for:

- Young person working toward messier textures
- Those with mild tactile defensiveness
- Early steps in a sensory exposure hierarchy

Other benefits

- Fine Motor Development
- Bilateral Coordination
- Auditory Sensory Input (Crunching Sounds!)
- Cognitive & Early Learning Development
- Imaginative Play Opportunities
- Emotional Regulation
- A Safe, Edible Medium for Explorers

Benefits of a Shaving Foam Sensory Tray

• Tactile Sensory Exploration & Tolerance Building

Shaving foam provides:

- A light, fluffy, soft texture that's less intimidating than sticky or slimy materials
- A safe way to introduce wet textures for children who are tactile-avoidant
- Opportunities to gradually increase exposure (one finger → one hand → whole hand → arm)

This is great for:

- Supporting sensory processing
- Reducing tactile defensiveness
- Building comfort with more challenging messy play activities

• Pre-Writing Practice & Visual–Motor Skills

• Shaving foam is perfect for:

• Fine Motor Strength & Finger Dexterity

• Emotional Regulation & Calming Input

- **The sensory qualities of shaving foam make it a beautiful regulating activity:** Slow, rhythmic swirling or spreading can settle the nervous system & Soft texture promotes relaxation

• Cognitive & Language Development

• Bilateral Coordination

• Encourages Play Confidence & Exploration

• Simple, Low-Cost, and Easy to Adapt

Practical OT Tips

Start with tools for hesitant children (paintbrushes, cars, rollers). Keep wipes or warm water nearby to reduce anxiety about mess. Use a shallow tray or tuff spot to manage overflow. Consider fragrance sensitivity—unscented foam is ideal for some children.