

Green Pea Sensory Bag

What You Need

- A large zip lock freezer bag
- Frozen peas
- Glitter (optional)
- Food colouring (optional)
- Water
- Tape



Instructions:

1. Open your zip lock bag and fill one third of the bag with water. Older children can help by using a jug to pour the water in.
2. Put your frozen peas into the bag. You can put as many or as little peas in as you like. If you would like to put glitter and or food colouring into the bag you can add those as well.
3. Seal the zip lock bag, make sure it is not leaking and that the water and peas can move around inside easily.
4. Tape the bag securely to a flat surface and then your child can explore the texture by rubbing their hands over it, patting it and poking it.