

Simple Sensory Tub



A simple, easy and fun activity that does not require any special equipment, just use what you have in the house. This is an activity that can last 5 minutes or much longer.

Give the young person a tub/ box/ bowl and instruct them to find items around the house which they can smell, taste or have interesting textures. You can also make it harder by saying all items have to be a specific colour.

Once all items are collected then go through the tubs with them. Ask them to describe each item using their senses. You could make this more difficult by blind folding the participant.

There is no right or wrong, enjoy this activity and have fun!

