

# Sensory Books

**AN ACTIVITY TO DO AFTER VISITING GEELONG BOTANIC GARDENS**

Sensory books are fascinating to many students. These simple 'books' include pages made from small plastic zip-lock bags.

Once you have made them, encourage students to explore the ingredients inside the plastic bag 'pages' by squashing and manipulating the 'pages' of the book. Explore the different properties of the varied materials through comparisons of colour, shape, size and texture.

Some of the foods you can put inside will be seeds, and you can talk about your visit to the Geelong Botanic Gardens and the vegetable patch children explored.




Early Years Learning Framework: Outcome 1, Outcome 4

Victorian Curriculum, Foundation / Level 1 - Science: VCSIS050, VCSIS054, VCSSU044



FOR MORE ABOUT THE GARDENS, VISIT  
[WWW.GEELONGAUSTRALIA.COM.AU/GBG/](http://WWW.GEELONGAUSTRALIA.COM.AU/GBG/)

The title 'Sensory Books' is written in a large, white, rounded font. It is centered on a dark brown background that features several stylized green plants with two leaves each, growing out of small brown soil mounds. The plants are arranged in two rows, with the top row having four plants and the bottom row having four plants. The background is framed by a light brown border with a textured, leaf-like pattern.

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## resources

- Half cup measures.
- Small ziplock bags – about 5 bags per book, or one bag per child.
- Small amounts of different kinds of dried beans and pulses, such as peas, cracked wheat, white or brown rice, pearl barley, oats.
- 1/3 cup of one or two fine-grained flours such as white flour, wholewheat flour, rice flour or potato starch.
- 1/4 cup of dry seeds/spices such as dry popcorn, coriander, cumin or fennel seed.
- Clear packing tape & stapler (teacher use).
- Labels and a waterproof marker.
- Light cardboard for covers.
- Art materials to decorate the book covers.

### Note:

Please be careful to avoid allergens in your choice of ingredients. Many dry foods can be used, so you have lots of options - try to include fine grained powders, coarse foods and whole seeds.

## directions

- Help each child to scoop, pour or tip one ingredient into their ziplock bag.
- Zip the bag closed.
- Put on the label identifying the ingredient.
- When each child has filled one bag, put the bags aside for later.
- Provide children with art materials and the cardboard covers for the sensory books to decorate, perhaps with drawings of things they saw on their visit to the Geelong Botanic Gardens.

### After the session

- Gather the filled bags in bunches of four or five.
- Tape each bag securely closed with the clear packing tape.
- Staple the bags together as 'pages' for your book (staple in the area outside the zip).
- Assemble the bag 'pages' into books with children's decorated covers. Staple on the covers and securely cover the 'spine' of the book and the ends of the staples with packing tape.