

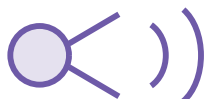
Summer Sensory Play Activity Cards

Sand, Water, Music, Ice and Texture



For Toddlers and Preschoolers

A printable pack from Kids Songs Learning Hub



How to Use This Pack

Choose one card, set up safely, add a song, and let your child explore.

Simple Steps



1. Pick one sensory card.
2. Set up before inviting your child.
3. Keep materials simple and safe.
4. Sing the short song or chant.
5. Name what your child does: pour, scoop, tap, melt, rough, smooth.
6. Stop when your child is tired or unsafe.

Important Safety Reminder



Always supervise toddlers closely. Use shallow water only and empty bowls, buckets and trays after play. Keep small objects, coins, beads, buttons, stones, shells, magnets, batteries, sharp tools, unsafe plants, hot water and choking hazards away from young children. Adapt every activity for age, allergies, sensory needs, mouthing behaviour and family circumstances.

Best Way to Start



Start with water pouring, sand scooping, a sound hunt or a kitchen drum game. Five minutes still counts. Repeating one activity for several days can help toddlers feel confident.

Water Pouring Station

Activity Card 1



You Need

A shallow bowl or tray, water, cups, spoons and a towel.

How to Play

Let your child pour water from one cup to another. Say full, empty, more, less, splash, heavy and light as they play.

Song to Sing

Pour, pour, little cup, fill it down and fill it up. Splash, splash, one, two, three, water play for you and me.

Words to Practise

full, empty, pour, splash, more, less, heavy, light

Safety Note

Never leave a toddler alone with water, even shallow water. Empty all containers straight after play.

Sand Scoop and Fill

Activity Card 2



You Need

Clean play sand, large scoops, cups and a bucket or tray.

How to Play

Let your child scoop, fill, empty, pat and pour. Name each action and repeat favourite words.

Song to Sing

Scoop the sand and fill the cup. Tip it out and build it up. Dig, dig, one, two, three, sandy play for you and me.

Words to Practise

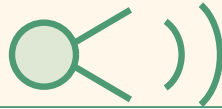
sand, scoop, fill, empty, soft, dry, wet, bucket

Safety Note

Use clean play sand, not builder's sand. Check for sharp objects. Stop if sand is thrown or mouthed.

Nature Sound Hunt

Activity Card 3



You Need

A safe outdoor space, listening ears and an adult nearby.

How to Play

Stand still and listen. Copy sounds together: birds, wind, cars, leaves, dogs or footsteps.

Song to Sing

I hear birds go tweet, tweet, tweet. I hear footsteps on the street. What sound will we hear next?

Words to Practise

listen, bird, wind, car, rain, loud, quiet, near, far

Safety Note

Stay close outdoors, especially near roads, water, pets, plants or uneven ground.

Colour Mixing Water

Activity Card 4



You Need

Clear cups, water, food colouring, spoons or droppers, old clothes and a protected surface.

How to Play

Mix two colours and watch what happens. Say each colour as it changes.

Song to Sing

Red and yellow, what do we see? A new colour made by me. Blue and yellow, stir once more, colours changing, let's explore.

Words to Practise

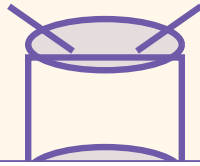
red, blue, yellow, green, orange, purple, mix, stir

Safety Note

Food colouring can stain. Do not let children drink coloured water. Stop if skin becomes irritated.

Kitchen Drum Card

Activity Card 5



You Need

A wooden spoon, plastic bowl, cardboard box or safe pan.

How to Play

Tap different surfaces. Try loud, quiet, fast and slow. Copy each other's rhythm.

Song to Sing

Tap, tap, tap the beat. Tap your hands and tap your feet. Loud then quiet, fast then slow, little drummer, here we go.

Words to Practise

tap, beat, loud, quiet, fast, slow, sound

Safety Note

Keep sounds comfortable. Avoid glass, sharp items, heavy pans that could fall or anything that hurts hands.

Ice Discovery Tray

Activity Card 6



You Need

Ice with large toddler-safe objects, warm water, spoon or dropper and a towel.

How to Play

Drip warm water onto the ice. Watch it melt and name what appears.

Song to Sing

Cold ice, warm water, drip, drip, drip. Melting slowly, slip, slip, slip. What is hiding? Wait and see.

Words to Practise

cold, warm, hard, melt, wet, inside, drip

Safety Note

Do not freeze coins, beads, tiny toys, magnets or batteries. Use warm water, not hot water. Supervise closely.

Texture Walk

Activity Card 7



You Need

A safe garden, park or path with an adult close by.

How to Play

Touch safe textures with hands: soft grass, rough bark, smooth stones, dry leaves. Name each texture.

Song to Sing

Soft and rough and smooth today, textures found along the way. Touch it gently, name it too, nature has a lot to do.

Words to Practise

soft, rough, smooth, dry, cool, warm, bumpy

Safety Note

Avoid unknown berries, mushrooms, unsafe plants, insects, animal mess, broken glass and sharp sticks. Wash hands after.

Sensory Song Prompts

Short songs to use with any sensory tray or outdoor play.

Pouring Song



Pour, pour, little cup,
Fill it down and fill it up.
Splash, splash, one, two, three,
Water play for you and me.

Digging Song



Scoop the sand and fill the cup,
Tip it out and build it up.
Dig, dig, one, two, three,
Sandy play for you and me.

Tapping Song



Tap, tap, tap the beat,
Tap your hands and tap your feet.
Loud then quiet, fast then slow,
Little drummer, here we go.

Texture Song



Soft and rough and smooth today,
Textures found along the way.
Touch it gently, name it too,
Nature has a lot to do.

Sensory Safety Checklist

Tick before starting a toddler sensory activity.

- ☐ An adult is staying close and watching the whole time.
- ☐ Water is shallow and will be emptied straight after play.
- ☐ All objects are too large to fit through a toilet roll tube.
- ☐ No coins, beads, batteries, magnets, buttons or tiny toys are included.
- ☐ Materials are suitable for a child who may still mouth objects.
- ☐ Allergies, eczema and skin sensitivity have been considered.
- ☐ The play area is away from roads, deep water, sharp tools and unsafe plants.
- ☐ The floor is not slippery and movement space is clear.
- ☐ Hot water, chemicals, cleaning products and glass are out of reach.
- ☐ There is a towel, mat or simple clean-up plan ready.
- ☐ The activity can stop quickly if the child is tired, upset or unsafe.
- ☐ Food or taste play is only used if it is safe for this child.

My Favourite Sensory Activity

Draw, colour, or ask an adult to write your answers.

My favourite activity was:



Draw your favourite sensory play moment:

Words I used today: