



CHWARAE Â'R SYNHWYRAU SENSORY PLAY



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Alergeddau

Cyfleoedd Dysgu ar gyfer Chwarae Blêr, Chwarae Creadigol a Phrofiadau i'r Synhwyrâu

Nodiadau a Syniadau

BENEFITS OF SENSORY PLAY

Sensory play is any activity which stimulates a young child's senses: touch, smell, taste, movement, balance, sight and hearing. Sensory activities are essential for young children and provide a meaningful route to learning, as children learn best through 'hands on' experiences. Messy play, creative play and sensory experiences facilitate exploration and encourage children to experience a variety of textures and develop new skills. Stimulating neural pathways through sensory experiences is a crucial part of a child's early brain development.

It is important to remember that some children may be sensitive to certain textures and be put off by the sight and smell of some foods. Increased exposure to a wide variety of textures may encourage a child to explore new textures but care should be taken to ensure the experience is a positive one. For a child who is sensitive to textures, try the following:

- introduces dry textures initially
- encourage the child to help when mixing ingredients together
- vary temperature
- encourage the child to help with tidying up or washing up if possible
- make play more purposeful
- keep activities non-threatening

BENDITHION CHWARAE Â'R SYNHWYRAU

Mae chwarae â'r synhwyrâu yn weithgarwch sy'n symbylu synhwyrâu plentyn ifanc, cyffwrdd, arogl, blas, symudiadau, cydbwysedd, golwg a chlyw. Mae gweithgareddau i'r synhwyrâu yn hanfodol i blant ifanc ac yn rhoi llwybr ystyrion i ddysgu, gan fod plant yn dysgu orau drwy brofiadau lle maent yn 'baeddu eu dwylo'. Mae chwarae blêr, chwarae creadigol a phrofiadau i'r synhwyrâu yn hwyluso archwilio ac yn annog pant i brofi amrywiaeth o deimladau a datblygu sgiliau newydd. Mae symbylu llwybrau niwral drwy brofiadau i'r synhwyrâu yn rhan hanfodol o ddatblygiad ymenyddol cynnar plentyn.

Mae'n bwysig cofio y gallai rhai plant fod yn sensitif i rai teimladau ac yn cadw ffwrdd oherwydd golwg ac arogl rhai bwydydd. Gallai dod i gysylltiad amlach ag amrywiaeth o deimladau annog plentyn i archwilio teimladau newydd ond dylid bod yn ofalus i sicrhau fod y profiad yn un cadarnhaol. I blant sy'n sensitif i deimladau, rhwch gynnig ar y canlynol:

- cyflwynwch deimladau sych i ddechrau
- anogwch y plentyn i helpu wrth gymysgu'r cynhwysion gyda'i gilydd
- amrywiwch y tymheredd
- anogwch y plentyn i helpu tacluso neu olchi, os oes modd
- gwnewch y chwarae yn bwrpasol
- cadwch y gweithgareddau yn rhai nad ydynt yn fygythiol

MY SENSES

My senses are a part of me,
A nose to smell and eyes to see.
Ears to hear and hands to touch,
A tongue to taste good food and such.

My senses are a part of me,
Working all in harmony.



FY SYNHWYRAU

Mae fy synhwyrâu yn rhan ohonof i,
Trwyn i arogl a llygaid i dy weld di.
Clustiau i glywed a dwylo i gyffwrdd,
Tafod i gael blasu bwyd wrth y bwrdd.
Mae fy synhwyrâu yn rhan ohonof i,
Y cyfan yn gweithio mewn harmoni.



FOAM SOAP



WHAT YOU NEED

- washing up liquid
- cornflour
- food colouring
- water



METHOD

Add water, washing up liquid, cornflour and any food colouring to a liquidiser and whizz until fluffy.

Enjoy!

?

SEBON EWYN



BETH FYDD EI ANGEN ARNOCH

- Hylif golchi llestri
- Blawd corn
- Lliwur bwyd
 - Dŵr



DULL

Ychwanegwch ddŵr, hylif golchi llestri, blawd corn ac unrhyw liwur bwyd mewn cymysgydd a'i droelli nes ei fod yn ysgafn

Mwynhewch!

EDIBLE CHOCOLATE SLIME

INGREDIENTS:

- Can of condensed milk
- 3 Tablespoons of chocolate syrup
- Cornflour

METHOD

Mix condensed milk with chocolate syrup and $\frac{1}{4}$ of a cup of cornflour in a pan. Warm the mixture over a low-medium heat and keep stirring the mix, as it comes to the boil and starts to thicken.

Sprinkle cornflour on the work top and pour on slime and leave to cool. When cool, knead slime with cornflour until it becomes slime texture.

Enjoy!



SLEIM SIOCLED

BWYTA DWY

- Tun o laeth cyddwys
- 3 llwy fwrdd o surop siocled
- Blawd corn



Cymysgwch laeth cyddwys gyda surop siocled a $\frac{1}{4}$ cwpaned o flawd corn mewn sosban.

Cynheswch y gymysgedd dros wres isel-canolig a dal i droi'r gymysgedd, wrth iddo ddod i'r berw a dechrau tewychu.

Taenwch flawd corn ar y bwrdd gwaith a thywallt y sleim a gadael iddo oeri.

Pan fydd wedi oeri, tylinwch y sleim gyda blawd corn nes ei fod yn teimlo'n sleimllyd

Mwynhewch!

MUD

CLEAN MUD

YOU WILL NEED

- warm water
- sensitive skin soap
- toilet roll

METHOD

Tear toilet paper into pieces, add warm water and grated soap. Knead until the consistency is mud-like.



MAGIC MUD

YOU WILL NEED

- dirt
- baking soda
- powdered paint or chalk dust
- vinegar

METHOD

Mix dirt, water and baking soda together. Let the children make mud pies and dust the top with powder paint or chalk dust. Then add vinegar and watch the colours bubble and fizz.

Magic! Enjoy!



MWD

MWD GLÂN

BYDD ARNOCH CHI ANGEN

- Dŵr cynnes
- Sebon croen sensitif
- Rholyn toiled

DULL

Rhwygwch y papur toiled yn ddarnau, ychwanegwch ddŵr cynnes a sebon wedi gratio. Tylinwch nes fod y tewdra yn debyg i fwd.



MWD HUD

BYDD ARNOCH CHI ANGEN

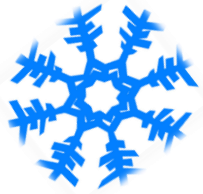
- Baw
- Soda pobi
- Powdr paent neu lwch sialc
- Finegr

DULL

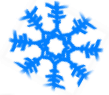
Cymysgwch y baw, dŵr a soda pobi gyda'i gilydd. Gadewch i'r plant greu pasteiod mwd a thaenwch y powdr paent neu lwch sialc dros y weithfan. Yna ychwanegwch finegr a gwylwch y lliwiau'n troi'n swigod a ffisian.

Hud! Mwynhewch!





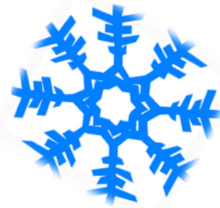
SNOW CLOUD DOUGH



- 4 cups of cornflour
- 1 cup of vegetable oil
- Glitter (optional)

Mix together until you get crumbly snow.

Enjoy!

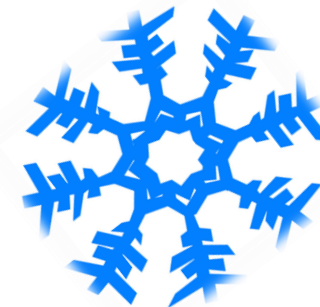
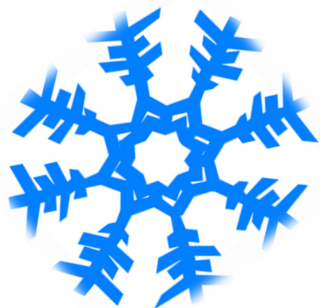
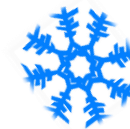
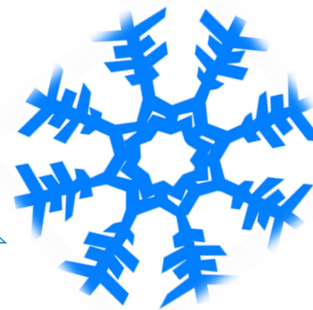
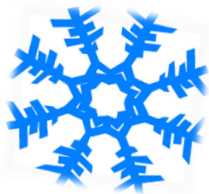


TOES CWMWL EIRA

- 4 cwpaned o flawd corn
- 1 cwpaned o olew llysiâu
- Gliter (dewisol)

Cymysgwch gyda'i gilydd nes bod gennych dywod briwsionllyd.

Mwynhewch!



MOON SAND

MOON SAND 1

4 cups of flour
½ a cup of baby oil

Texture = crumbly,
mouldable, dry-ish and
messy

MOON SAND 2

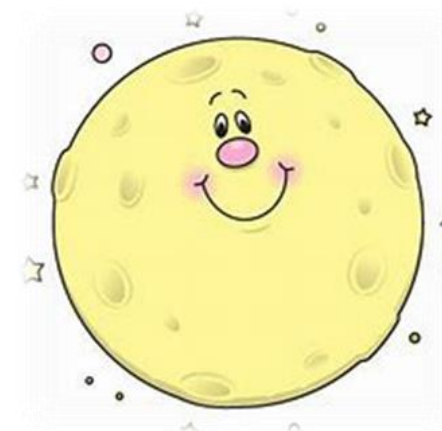
2 cups of fine sand
1 cup of cornflour
½ a cup of water

Texture = crumbly,
mouldable, muddy and
wet

KINETIC SAND 3

5 cups of fine sand
1½ cups of cornflour
½ tbsp of washing up liquid
1 cup of water

Texture = soft, crumbly, moist
but not wet and mouldable



TYWOD Y LLEUAD

TYWOD Y LLEUAD 1

4 cwpaned o flawd

$\frac{1}{2}$ cwpaned o olew
babanod

Teimlad = briwsionllyd,
mowldadwy, eithaf sych
a blêr

TYWOD Y LLEUAD 2

2 gwpaned o dywod
mân

1 cwpaned o flawd corn

$\frac{1}{2}$ cwpaned o ddŵr

Teimlad = briwsionllyd,
posibl ei fowldio a gwlyb

TYWOD CINETIG 3

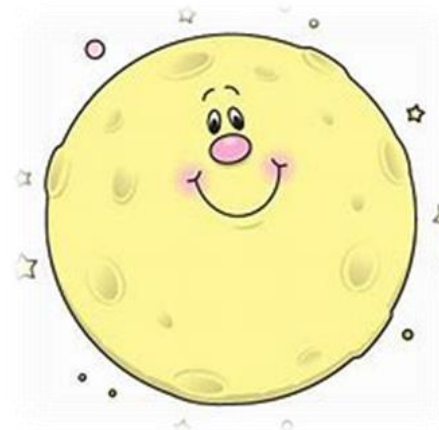
5 gwpaned o dywod mân

$1\frac{1}{2}$ cwpaned o flawd corn

$\frac{1}{2}$ llwy fwrdd o hylif golchi
llestri

1 cwpaned o ddŵr

Teimlad = meddal,
briwsionllyd, llaith ond nid yn
wlyb a phosibl ei fowldio.



SHAVING FOAM AND SAND

Just add
shaving foam
and sand
together and
mix... Easy!
Enjoy!



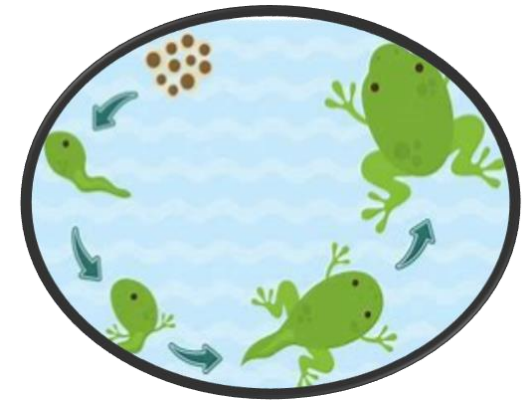
ELI EILLIO A THYWOD

Ychwanegwch eli
eillio a thywod
gyda'i gilydd a
chymysgwch.
Hawdd!
Mwynhewch!



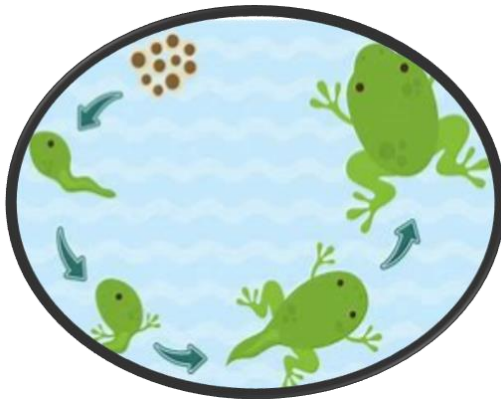
SEEDS - BASIL OR CHIA

Soak natural seeds such as basil seeds or chia seeds in water, to give the effect of frog spawn.



HADAU - BASIL NEU TSIA

Sociwch hadau naturiol fel hadau basil neu hadau tsia mewn dŵr, i greu effaith grifft broga.



PLAYDOUGH

2 mugs of plain flour
1 mug of salt
2 tablespoons of cooking oil
2 teaspoons of cream of tartar
food colouring
1 mug of hot water

In a mixing bowl add the flour, salt, cream of tartar, vegetable oil and food colouring.
Slowly add the hot water and mix well.

Allow to cool and enjoy!



TOES CHWARÆ

2 fwg o flawd plaen

1 mwg o halen

2 lwy fwrdd o olew coginio

2 lwy de o hufen tartar

llywyr bwyd

1 mwg o ddŵr poeth

Cymysgwch flawd, halen, hufen Tartar, olew llysiâu a llywyr bwyd mewn powlen gymysgu.

Ychwanegwch ddŵr poeth yn araf a chymysgwch yn dda.

Gadewch i oeri a mwynhau!



LOOSE PARTS

Loose parts can be big or as small as your setting can accommodate.

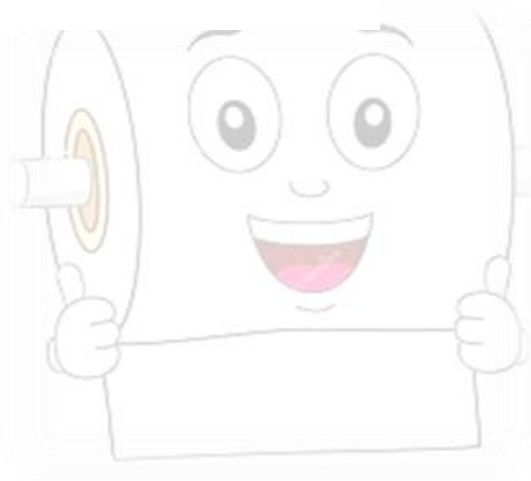
Small:

- Toilet roll tubes, kitchen roll tubes inserts from tin foil roll
- Cardboard egg boxes
- Crisp tubes and lids
- Corks
- Old cd's
- Dolly pegs or wooden pegs
- Cotton reels
- Pine cones
- Shells
- Pebbles
- Twigs



Large:

- Cable reels
- Carpet tubes
- Large Cardboard boxes
- Fabric
- Pallets
- Carpet squares
- Logs and wood slices
- Plastic piping
- Rope
- Tyres
- Crates



Loose parts encourage children to use their imagination, make choices and lead their own play. This is vital for children's development and the resources can be obtained for **FREE**.

DARNAU RHYDD

Gall darnau rhydd fod mor fawr neu mor fach ag y gall eich lleoliad ei ganiatáu.

Bach:

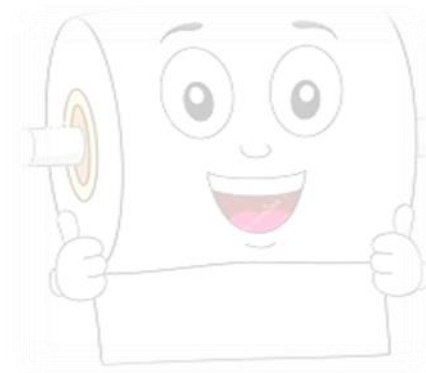
- Tiwbiau rholiau toiled, tiwbiau rholiau cegin
- y tu mewn i roliau ffoil tun
- Bocsys wyau cardbord
- Tiwbiau a chaeadau creision
- Cyrc
- Hen CDs
- Pegiau doliau neu begiau pren
- Riliau cotwm
- Moch coed
- Cregyn
- Cerrig mân
- Brigau



Mawr:

- Riliau cebl
- Tiwbiau o garped
- Bocsys cardbord mawr
- Defnydd
- Paledi
- Sgwariau o garped
- Logiau a darnau o bren
- Pibellau plastig
- Rhaff
- Teiars
- Cratiau

Mae darnau rhydd yn annog plant i ddefnyddio eu dychymyg, gwneud dewisiadau ac arwain eu chwarae eu hunain. Mae hyn yn rhan hanfodol o ddatblygiad plant a gellir cael yr adnoddau hyn **AM DDIM**.



FOOD IS FUN

Food can make amazing sensory play opportunities.

- Peas and Beans
- Jelly and Jams
- Rice Pudding, semolina and tapioca
- Custard, Angel Delight or blancmange
- Rice (Dry or cooked and even coloured)
- Fruit—Squishy bananas and pears, mashed up grapes and tomatoes or scooped out melon
- Cereal—Porridge, Weetabix, Shredded Wheat , Rice Puffs or Cornflakes, can be crunchy and noisy or sloppy and slimy
- Bread dough



MÆ BWYD YN HWYL

Gall bwyd greu cyfleoedd anhygoel i chwarae â'r synhwyrâu.

- Pys a ffa
- jeli a jamiau
- Pwdin reis, semolina a thapioca
- Cwstard, Angel Delight neu flomonj
- Reis (sych neu wedi eu coginio a hyd yn oed eu lliwio)
- Pasta (ar gael mewn sawl siâp a maint i'w harchwilio)
- Ffrwythau – bananas meddal a gellyg, grawnwin wedi eu malu a thomatos neu felon wedi ei sgwpio allan
- Grawnfwydydd – uwd, Weetabix, Shredded Wheat, grawnfwyd reis neu greision yd – gallant fod yn grensiog neu'n feddal a sleimllyd
- Toes bara



ADDING SCENTS

Different scents can be added to most messy play activities with the use of essential oils*,herbs* and spices*. These can also link to topics or seasons:

- Christmas – Cinnamon
- Halloween or Autumn – Ginger
- Summer – Coconut and Vanilla
- Spring – Lavender

Give it a go and see what you come up with!

*Always check that an ingredient is safe to use with young children first!



YCHWANEGU AROGLAU

Gellir ychwanegu gwahanol arogleuon i'r rhan fwyaf o weithgareddau chwarae blêr gan ddefnyddio olewau naws*, perlysiâu* a sbeisys*. Gellir hefyd cysylltu'r rhain â thestunau neu dymhorau:

- Nadolig – sinamon
- Calan Gaeaf neu'r Hydref – sinsir
- Yr Haf – cnau coco a fanila
- Y Gwanwyn – lafant

Rhowch gynnig arno i weld beth gewch chi!

* *Gwiriwch yn gyntaf bob amser fod cynhwysyn yn ddiogel i'w ddefnyddio gyda phlant ifanc!*



ALLERGIES

It is important to consider whether activities are safe for children with allergies. Many activities can involve ingredients that could trigger an allergic response such as playdough.

It is important that children are included in activities where possible, but staff must ensure that the risk of allergic reactions is minimised by planning in advance.

ALERGEDDAU

Mae'n bwysig ystyried a yw gweithgareddau'n ddiogel i blant gydag alergeddau. Mae sawl gweithgaredd yn cynnwys cynhwysion a allai arwain at adwaith alergaidd fel toes chwarae.

Mae'n bwysig fod plant yn cael eu cynnwys mewn gweithgareddau lle bo modd, ond rhaid i staff sicrhau y caiff y perygl o adwaith alergaidd ei leihau drwy gynllunio ymlaen llaw.

LEARNING OPPORTUNITIES FOR MESSY PLAY, CREATIVE PLAY AND SENSORY EXPERIENCES

LANGUAGE AND COMMUNICATION SKILLS

- Listening and attention
- Responding to instructions
- Using gestures to communicate
- Joining in with conversations
- Mark making
- Discussing, describing and explaining
- Expand vocabulary
- Story telling
- Songs and rhymes
- Role play

MATHEMATICAL DEVELOPMENT

- Counting
- Sorting and matching
- Measuring
- Sequencing/pattern making
- Comparing and contrasting
- Mixing
- Shape

PHYSICAL DEVELOPMENT

- Gross motor skills
- Awareness of own body
- Developing increasing control
- Developing coordination
- Fine motor skills
- Hand eye co-ordination
- Manipulative skills
- Sensory awareness

PERSONAL, SOCIAL AND EMOTIONAL DEVELOPMENT

- Confidence
- Self esteem
- Turn taking
- Sharing
- Co-operation
- Concentration
- Problem solving
- Engaging in new experiences
- Understanding likes and dislikes
- Sense of curiosity
- Forward planning
- Team work
- Respect

CYFLEOEDD DŶSGU AR GYFER CHWARAE BLÛR, CHWARAE CREADIGOL A PHROFIADAU I'R SYNHWYRAU

SGILIAU IAITH A CHYFATHREBU

- Gwranddo a sylw
- Ymateb i gyfarwyddiadau
- Defnyddio ystumiau i gyfathrebu
- Ymuno mewn sgysiau
- Creu marciau
- Trafod, disgrifio ac egluro
- Ehangu geirfa
- Adrodd straeon
- Caneuon a rhigymau
- Chwarae rôl

DATBLŶGIAD MATEMATEGOL

- Cyfrif
- Rhoi trefn a chyfateb
- Mesuriadau
- Dilyniannu / creu patrymau
- Cymharu a Chyferbynnu
- Cymysgu
- Siap

DATBLŶGIAD CORFFOROL

- Sgiliau echddygol bras
- Adnabod eu cyrff eu hunain
- Datblygu rheolaeth gynyddol
- Datblygu cytgord
- Sgiliau echddygol manwl
- Cytgord rhwng llaw a llygaid
- Medrau trafod
- Ymwybyddiaeth o'r synhwyrâu

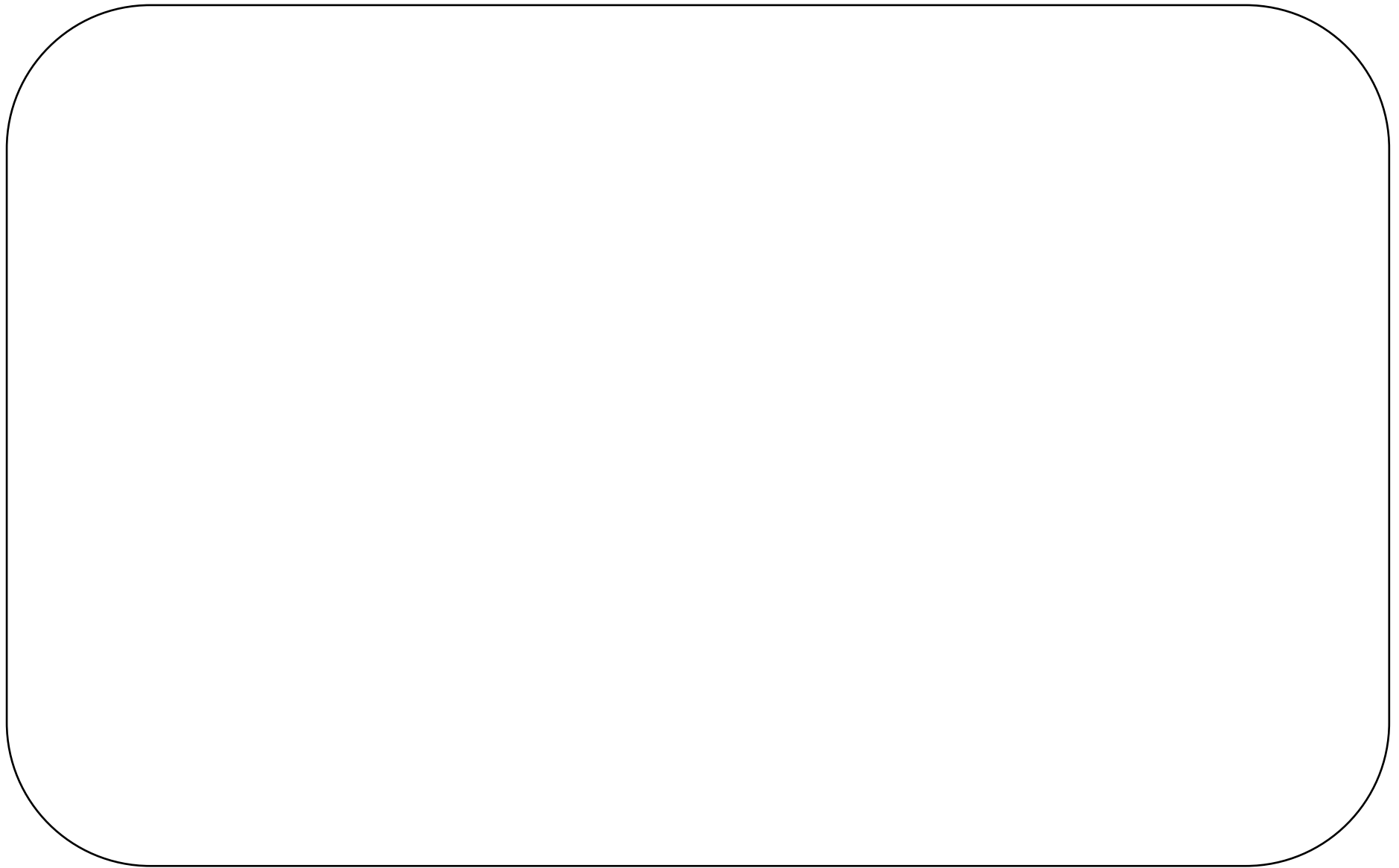
DATBLŶGIAD PERSONOL, CŶMDEITHASOL AC EMOSIYNOL

- Hyder
- Hunan-barch
- Cymryd tro
- Rhannu
- Cydweithio
- Canolbwyntio
- Datrys problemau
- Ymgysylltu mewn profiadau newydd
- Deall yr hyn maent yn hoffi ac nad ydynt yn eu hoffi
- Teimlad o chwlfrydedd
- Blaengynllunio
- Gwaith Tîm
- Parch

NOTES AND IDEAS

A large, empty rounded rectangular box with a thin black border, intended for writing notes and ideas. The box is centered on the page and occupies most of the lower two-thirds of the page.

NODIADAU A SYNIADAU



DECHRAU'N DEG

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FLYING START

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