

# CHWARAE Â'R SYNHWYRAU SENSORY PLAY





# CONTENTS

1. Benefits of Sensory Play
2. My Senses
3. Foam Soap
4. Edible Chocolate Slime
5. Mud
6. Snow Cloud Dough
7. Moon Sand
8. Shaving Foam and Sand
9. Seeds—Basil or Chia
10. Playdough
11. Loose Parts
12. Food is Fun
13. Adding Scents
- Allergies

Learning opportunities for Messy Play, Creative Play and Sensory Experiences

Notes and Ideas

# CYNNWYS

1. Bendithion Chwarae â'r Synhwyrau
  2. Fy Synhwyrau
  3. Sebon Ewyn
  4. Sleim Siocled Bwytagwy
  5. Mwd
  6. Toes Cwmwl Eira
  7. Tywod y Lleuad
  8. Eli Eillio a Thywod
  9. Hadau – Basil neu Tsia
  10. Toes Chwarae
  11. Darnau Rhydd
  12. Mae Bwyd yn Hwyl
  13. Ychwanegu Aroglau
- Alergeddau

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

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 synhwyrau yn weithgarwch sy'n symbylu synhwyrau plentyn ifanc, cyffwrdd, arogl, blas, symudiadau, cydbwysedd, golwg a chlyw. Mae gweithgareddau i'r synhwyrau yn hanfodol i blant ifanc ac yn rhoi llwybr ystyrlon 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 synhwyrau yn hwyluso archwilio ac yn annog pant i brofi amrywiaeth o deimladau a datblygu sgiliau newydd. Mae symbylu llwybrau niwral drwy brofiadau i'r synhwyrau 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, rhowch 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 synhwyrau yn rhan ohonof i,  
Trwyn i arogli a llygaid i dy weld di.  
Clustiau i glywed a dwylo i gyffwrdd,  
Tafod i gael blasu bwyd wrth y bwrdd.  
Mae fy synhwyrau 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  $\frac{1}{4}$  cwpanded 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 gwyliwch y lliwiau'n troi'n swigod a ffisiau.

Hud! Mwynhewch!





# SNOW CLOUD DOUGH



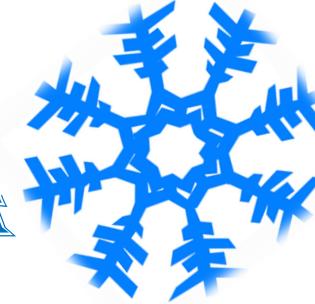
- 4 cups of cornflour
- 1 cup of vegetable oil
- Glitter (optional)

Mix together until you get  
crumbly snow.  
Enjoy!





## TOES CWMW'L EIRA



- 4 cwpanded o flawd corn
- 1 cwpanded o olew llysiau
- 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

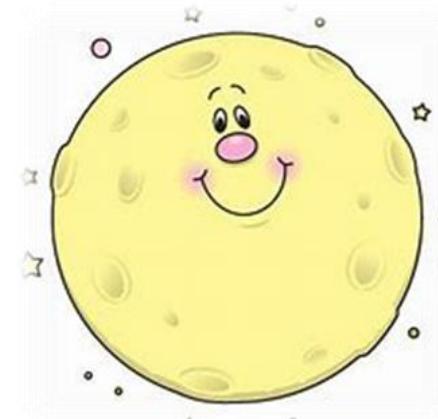
2 cups of fine sand  
1 cup of cornflour  
½ a cup of water

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 cpaned o flawd

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

Teimlad = briwsionllyd,  
mowldadwy, eithaf sych  
a blêr



## TYWOD Y LLEUAD 2

2 gpaned o dywod  
mân

1 cpaned o flawd corn  
 $\frac{1}{2}$  cpaned o ddŵr

Teimlad = briwsionllyd,  
posibl ei fowldio a gwlyb

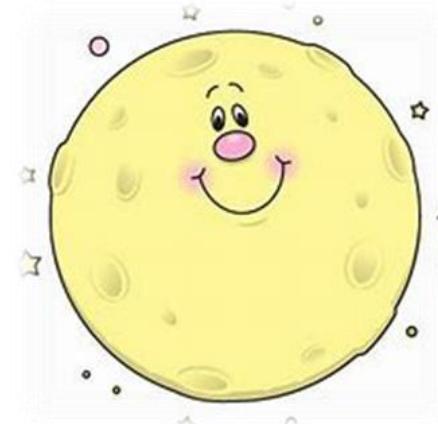
## TYWOD CINETIG 3

5 gpaned o dywod mân

$1\frac{1}{2}$  cpaned o flawd corn  
 $\frac{1}{2}$  llwy fwrdd o hylif golchi  
Ilestri

1 cpaned o ddŵr

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



# SHAVING FOAM AND SAND

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



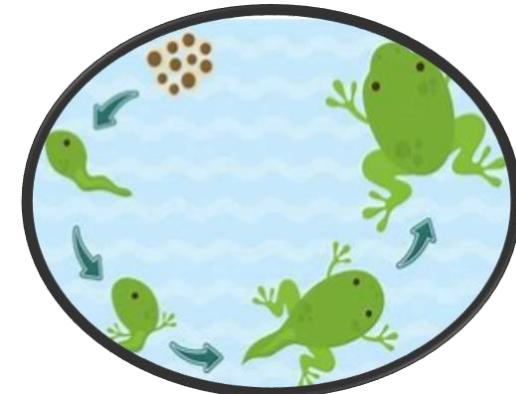
# ELI EILLIO A THYWOD

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



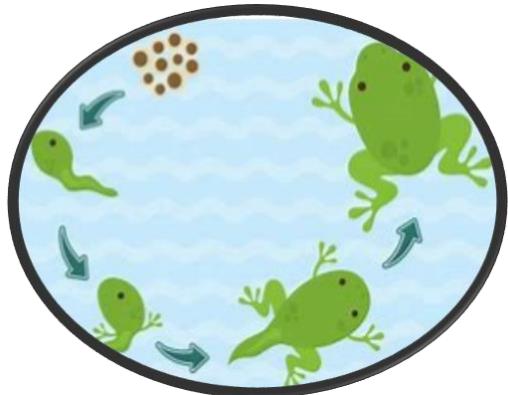
## SEEDS - BASIL OR CHIA

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 CHWĀRAE

2 fwg o flawd plaen

1 mwg o halen

2 lwy fwrdd o olew coginio

2 lwy de o hufen tartar

Iliwur bwyd

1 mwg o ddŵr poeth



Cymysgwch flawd, halen, hufen Tartar, olew  
Ilysiau a Iliwur 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.

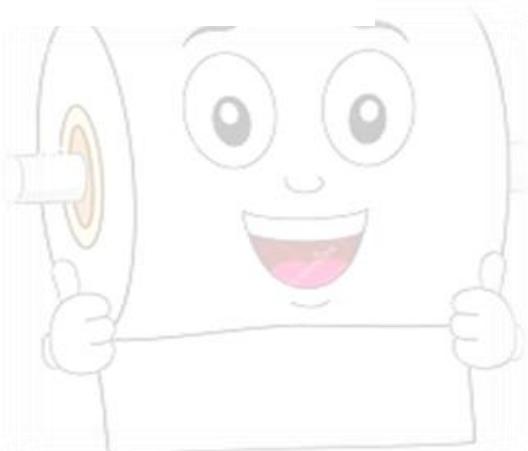
Small:

- 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.

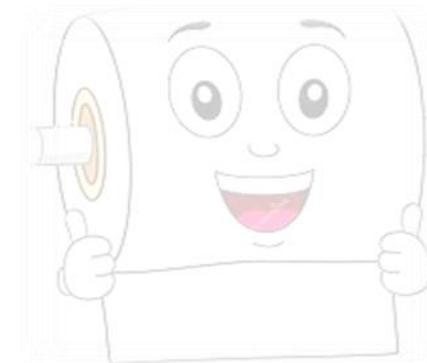
## Bach:

- 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



# MAE BWYD YN HWYL

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

- 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 – uwdf, Weetabix, Shredded Wheat, grawnfwyd reis neu greision ŷd – gallant fod yn grensiog neu'n feddal a sleimllyd
- Toes bara



# ADDING SCENTS

Different scents can be added to most messy play activites 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\*, perlysiau\* 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 DYSGU AR GYFER CHWARAE BLÊR, CHWARAE CREADIGOL A PHROFIADAU I'R SYNHWYRAU

### SGILIAU IAITH A CHYFATHREBU

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

### DATBLYGIAD MATHEMATEGOL

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

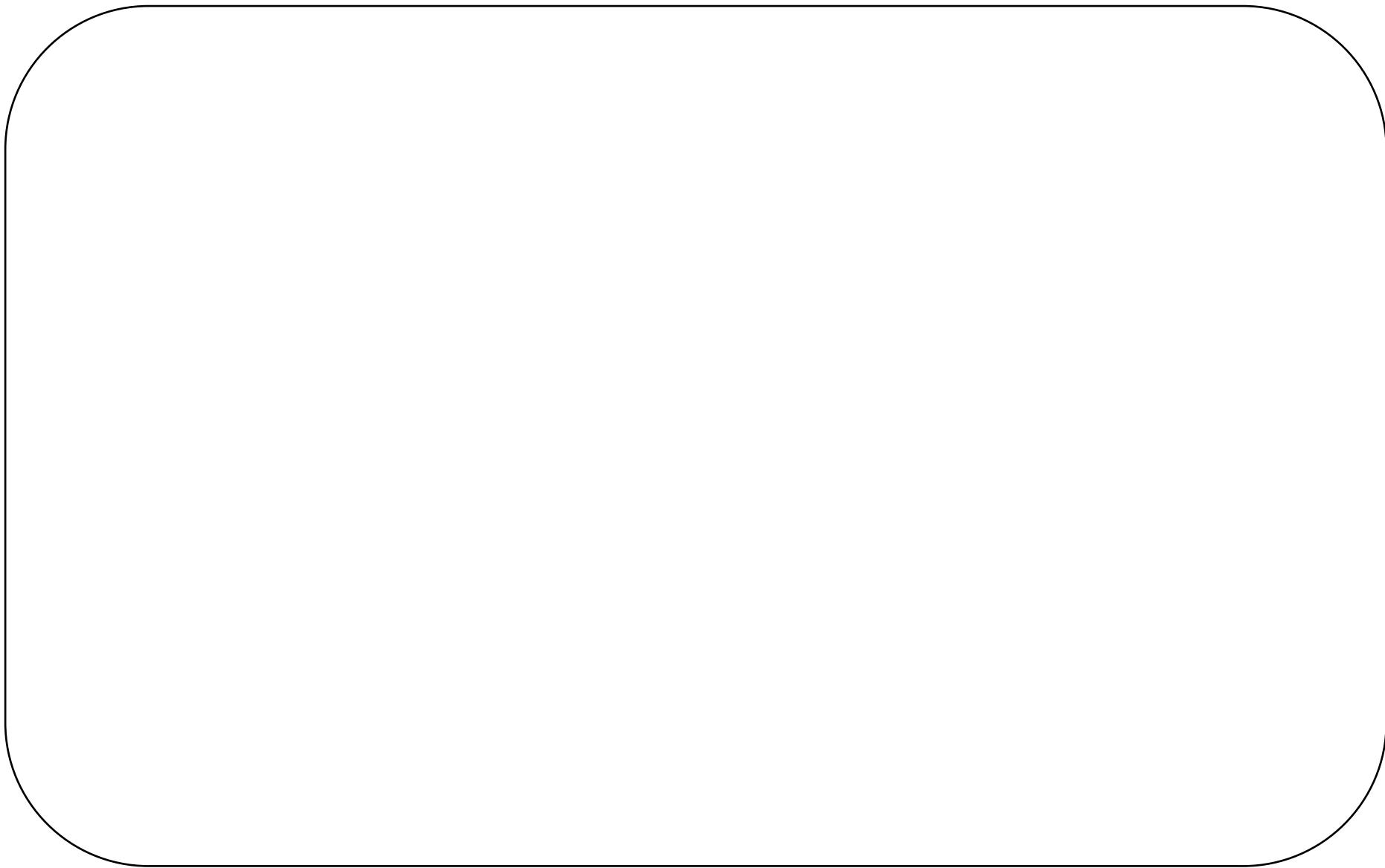
### DATBLYGIAD PERSONOL, CYMDEITHASOL AC EMOSIYNOL

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

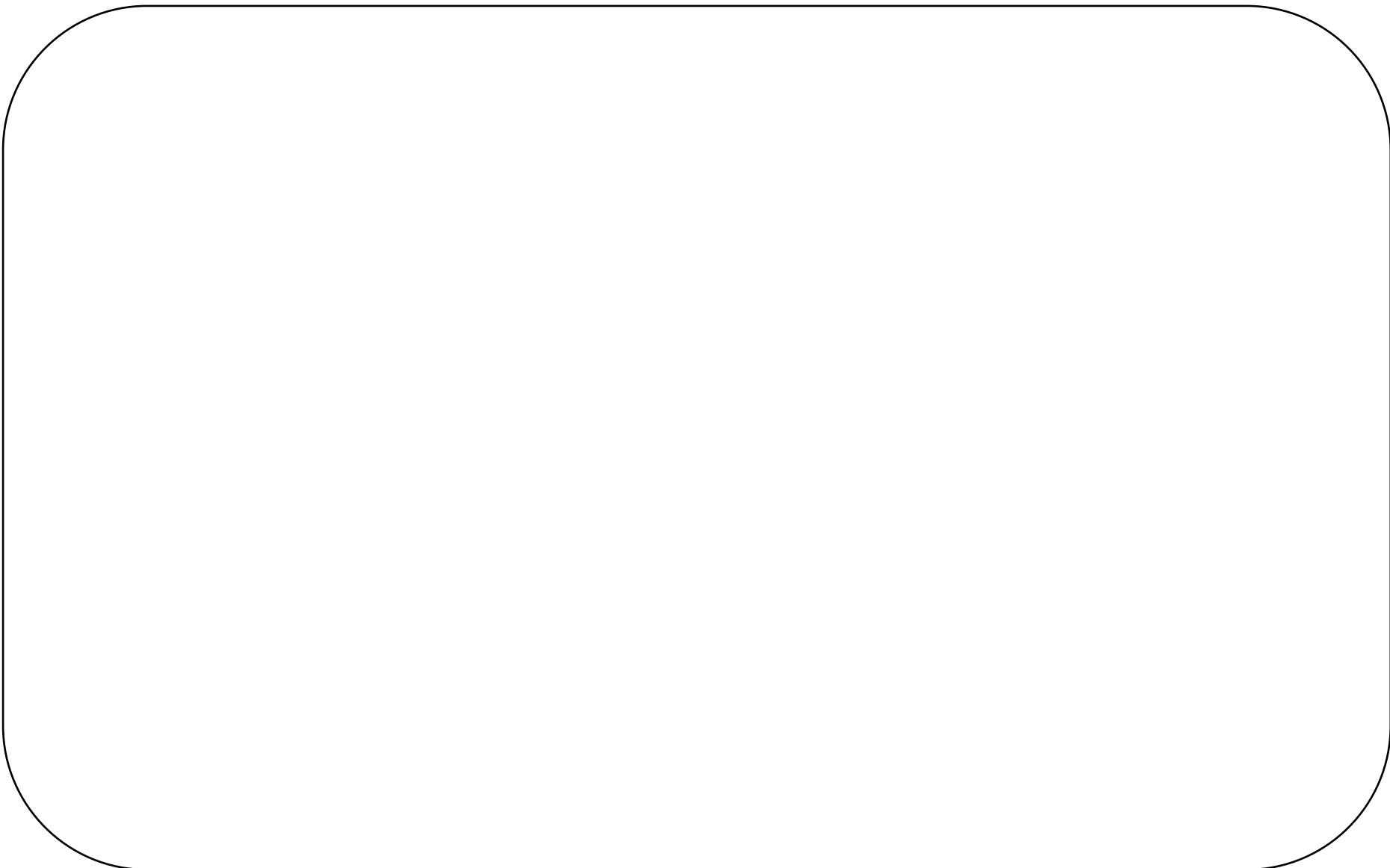
### DATBLYGIAD CORFFOROL

- 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 synhwyrau

## **NOTES AND IDEAS**



## NODIADAU A SYNIADAU



# **DECHRAU'N DEG**

[dd-gofalplant@conwy.gov.uk](mailto:dd-gofalplant@conwy.gov.uk)

01492 576380



# FLYING START

[fs-childcare@conwy.gov.uk](mailto:fs-childcare@conwy.gov.uk)

01492 576380

