

Kinetic/Moon Sand Play



Kinetic or Moon sand is a sensory experience that is a bit less messy and easier to manipulate for many little hands. I would still recommend you keep it in a tote, on a cookie sheet or tray, or in a sensory table. You can mold and form this sand easier than typical beach/outdoor sand. It will also hold well if kept in an airtight container. Label the box with the date on it. We use this in our classrooms with trucks, scoops, and

shovels. Making mounds to drive over, it holds together well enough to put it in the buckets of dump trucks and excavators.

1. **Materials Needed:** Kinetic sand (Flour and baby oil if you make your own - recipe listed below in link). Scoops, trucks, small shovels, molds – small containers, sand toys, cookie cutters. Cookie sheet/tray, tote, or sensory bin to play in or on.
2. **How to:** If you are going to make your own sand, it will require a mixer and bowl to combine. It can be a bit labor intensive if you do it by hand. The link includes recipe and instructions: <https://www.happy-mothering.com/2-ingredient-diy-moon-sand-recipe/#wprm-recipe-container-72229>



Developmentally this activity encourages gross motor and heavy work– squishing and pounding are great sensory seeking activities that help a busy body regulate energy. Sometimes we think we need to get outside and move big things – always a great option, but Pacific Northwest Winters can be wet, windy, and the days can be very short. Using scoops and shovels, aiming for targets, and making mountains to drive over require fine motor, eye-hand coordination, and motor planning. Trying to get the sand into a cookie cutter and carefully take the cookie-cutter away can be challenging. Frustration can happen; this can be a great opportunity to support your child in learning self-soothing and coping strategies. Play is an excellent opportunity for connection – making silly sounds, modeling how to do a skill, and imitating what your child is doing. Memories are tied to emotions. Silly, happy, fun are emotions that will help support your child's growth in many developmental areas.