

Lava Sensory Bags

WHAT YOU WILL NEED:

- 2 large freezer bags
- 1 bottle of avocado or grape seed oil
- Food colouring
- Glitter
- Packing tape

WHAT TO DO NEXT:

1. Pour avocado or grape seed oil into the freezer bag until it is 1/3 full.
2. Add ½ bottle of food colouring and glitter to the bag.
3. Seal the freezer bag, ensuring that the air is out of the bag.
4. Use the packing tape to ensure that the seal of the bag remains closed.
5. Tape the bag to the floor.
6. Let your baby use their hands to squish the contents in the bag.
7. Tummy time is fun!

