

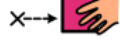
Sensory and calming activities



We



all



use



our



senses



in



different



ways



Here

are some



ideas to make



us



feel



safe



and calm

Some children have a particular sensory system that needs extra input, and it can be helpful to put together a collection of items that provide stimulus to that sensory system in a box. These are known as sensory boxes. Below are some examples of items that can be used to make a Touch sensory box, a Vision sensory box and a Hearing sensory box.



Touch sensory box ideas



loofah



spiky ball



sponge



puff



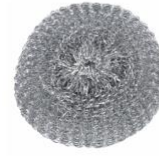
stretchy toys



paint brush



feathers



scourer



scarf or fabrics



slime

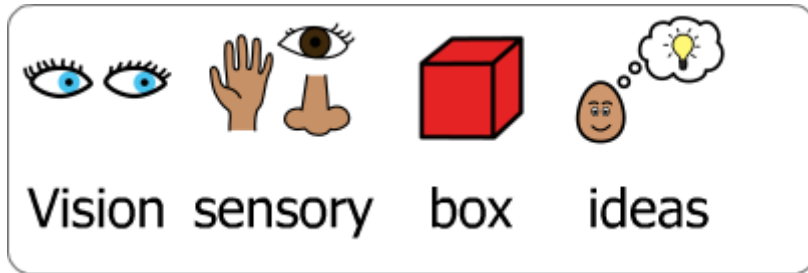


lentils



shaving foam

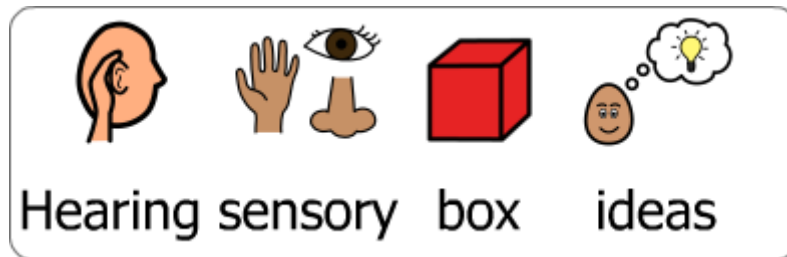
Sensory and calming activities



DIY Kaledoscope <https://littlebinsforlittlehands.com/how-to-make-a-simple-kaleidoscope-for-kids/>

DIY lava lamp/liquid motion toy <https://www.pinterest.co.uk/pin/374643262753294668/>

Sensory and calming activities



Another lovely calming activity is to make a scented rainstick sensory bottle.

<https://www.pinterest.co.uk/pin/540854236492464490/>