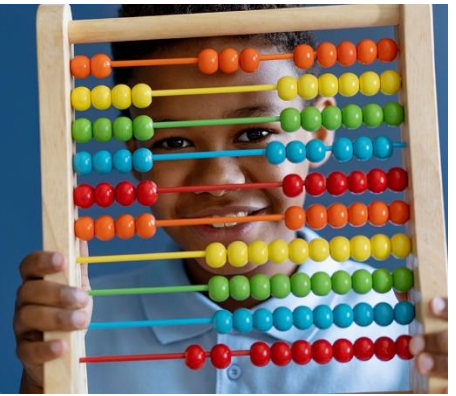


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SENSORY KITS

RESOURCES



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Theme: Sensory Stimulation

Sensory stimulation is the input and sensation you receive when one or more of your senses is activated. Using these tools can free your mind to focus and the books and tools in this kit are designed to help you explore this.

This kit contains:

- Two books to read together: *Ellie Bean the Drama Queen* by Jennie Harding helps us learn how to keep calm and not overreact. *Listening to My Body* by Gabi Garcia is a guide to helping understand the connection between sensation and feelings so you can better figure out what you need.
- Wiggle Seat with pump: Nubby cushions like this one are an excellent tool when you need help sitting still. The extra physical stimulation makes it easier for your body to stay in place and your mind to focus. You can pump it up as much or little as you like. Try out both sides of the cushion to see which works best for you.
 - For even more stimulation try sitting on a wobble stool or a balance (therapy) ball.
- Bubble Pop Big Board: Not only are pop boards fun, they also provide some excellent stimulation. They can be used as a calming tool and also as a fidget to give your fingers something to do while you focus on other things.
 - There are many types of fidgets out there, and what works for you might be something as simple as a bumpy rock or a clicky pen. Any object that keeps your fingers busy might do the trick.
- Pin Art: This sensory-based toy features steel pins that allow you to make and look at imprints in the pins. You can use your hands and fingers to make imprints as well as other objects and toys. The unique feeling of the pins when touching the board is a great way to have a sensory experience without any mess.

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How to Make a Sensory Bin for Sensory Play

Sensory bins are easy to make and sensory seekers love them! All you need is a bin of some kind, filler, and an area for your sensory seeker to enjoy the play!

We recommend using a short, wide bin. If you have one with a lid, you can close it for storage and save your sensory experience for next time. If you use dry ingredients, you can also store filler in a sealed food storage bag. Change out the filler regularly for continuous engagement.



Filler Ideas:

Paper

Simply put in several pieces of paper for tearing. You can use white printer paper but colored construction paper will be even more engaging and reinforce color identification. Be sure to remind your sensory seeker to only tear paper in the Sensory Bin and not to use this fun skill elsewhere.

Beans

Dried beans or peas provide a lovely texture and an excellent base for use with cups, scoops and toys.

Noodles or Rice

Try uncooked or cooked rice or noodles. You can also color your noodles and rice.

How to dye pasta: <https://littlebinsforlittlehands.com/dye-pasta-colored-pasta-sensory-play/>

How to dye rice: <https://littlebinsforlittlehands.com/dye-rice-sensory-play-colored-rice/>

How to dye salt: <https://littlebinsforlittlehands.com/dye-salt-colored-salt-sensory-play/>

How to dye cooked spaghetti: <https://pagingfunmums.com/2014/04/30/rainbow-spaghetti/>

Anything Else

Other ideas for filler include sand, shaving cream, and water beads. There are many filler ideas online. Simply search Google.com for Sensory Bin Fillers. *Be careful to keep children under three away from choking hazards.*

Add cups, scoops, plastic spoons, and small toys to add to the fun. Sea creatures, dinosaurs, unicorns, mini-figures, gems, rocks, coins or anything small enough to search for will make great additions to any sensory play activity. They encourage counting, sorting, filling, dumping, and treasure hunting!