

Sensory bag:

Supplies needed: 2 large zip lock bags, duct tape, hair gel, glitter, small plastic toys, stickers (anything that does not have sharp edges)

Steps:

1. Take a zip lock bag fill with any cheap hair gel
2. Add glitter, small plastic toys or stickers
3. Sealed plastic bag with tape
4. Place the sealed bag inside the other bag and close bag



Have fun!

Scented sensory cards:

Smells are a powerful way to trigger emotions. You can create simple scented cards at home. These are universally comforting scents, but you could also substitute other smells that your child would associate with positive feelings.

Supplies needed: dried spices, extracts, cardboard, scissors, marker, tape, cotton, plastic wrap or tiny plastic bags

Some scent examples:

Cinnamon - ground spice

Clove - whole dried cloves

Peppermint - essence on cotton pad

Almond - essence on cotton pad

Vanilla - essence on cotton pad
Spice - ground allspice
Chocolate - sweetened cocoa powder
Ginger - ground

Steps:

1. Cut cardboard into strips (cut from a cardboard box)
2. Write name of scent on cardboard
3. Place scent on cotton
4. Wrap in plastic put tiny hole so smell comes through



Enjoy!

Homemade non-toxic finger paint:

These non-toxic, homemade finger paints are a fun way for your child to express themselves through art. To keep the mess to a minimum, tape a giant piece of paper to the table and let them paint on that.

Homemade finger paint recipe:

Ingredients:

- ½ cup cornstarch
- 2¾ cup cold water
- 1 envelope unflavored gelatin
- ¼ cup cold water
- Small jars with lids for storing your paint (we find it easier to dip the paint out of teacups)
- Food coloring

How we make it:

- Mix cornstarch with 2¾ cups cold water to make a smooth paste in a saucepan until no lumps remain
- Meanwhile soak the gelatin in ¼ cup water to soften until it's needed
- Cook cornstarch mixture over medium heat stirring constantly until mixture boils and turns clear(ish)
- Remove from heat and stir in gelatin mixture
- Cool and divide into several different jars for various colors. Stir in food coloring until you have a pleasing color that is well blended.

This recipe makes about 3 cups of paint.



Popping bubble wrap:

Popping bubble wrap! This is one of the easiest sensory activities around and surprisingly very satisfying. When you get packages delivered keep one box just for the bubble wrap.

