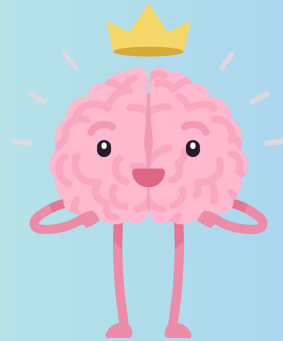
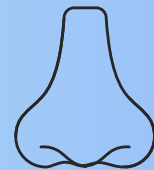
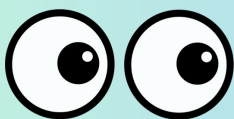




DIY sensory Kit!



Sensory play consists of activities that focus on engaging the child's 5 senses, encourages experimentation and addresses their proprioceptive and vestibular systems. It helps to develop and improve fine motor skills, gross motor skills, cognitive skills, play skills and provide a calming effect.



A sensory kit is ideal for travel or bringing with the child when they go places and at a home, a sensory box may be beneficial!

Youtube link:

<https://www.youtube.com/watch?v=7GBK7IX5dEw&feature=youtu.be>

**Cohen, R. (2023). Benefits of sensory bins. Ability Innovations.
<https://abilityinnovations.com/blog/benefits-of-sensory-bins>**

**Cleveland Clinic. (2023). What is sensory play?The benefits for your child and sensory play ideas.
<https://health.clevelandclinic.org/benefits-of-sensory-play-ideas>**

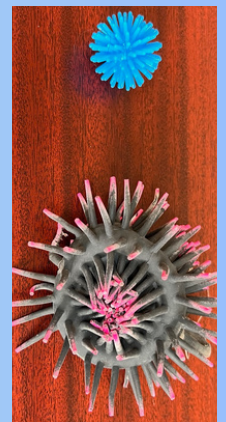
Sensory Kit based on your child's needs:

If you know your child prefers items that provide auditory stimulation (sound based), or tactile (touch based) or visual stimulation, here are some items you may include these in your kit!

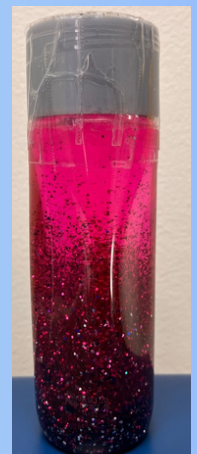
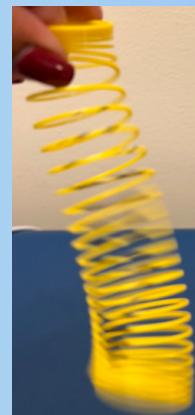
Auditory preference



Tactile preference



Visual preference:



You can mix a bunch of these types of items and make a big sensory box for home with items that help with multiple types of stimuli based on your child's interests and needs!