

## Sensory Art, Crafts and Activities

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# Sensory Art, Crafts and Activities

## Body Awareness Activity

1. Tie a ribbon on the child's wrist and see if she can pull it off.
2. Put a piece of tape anywhere on the child's body that he can reach and see if the child can pull it off.
3. Put a small blanket or cloth over the child's face and let her pull it off. Say, "Where's (child's name)?" and pretend to have lost her. Then, when she pulls off the cloth, say, "There's (child's name)!" and hug, of course.
4. Tie small bells on his hands or feet and see if he notices that he can make them jingle.

## Fillers

What do I need

- 1 or more large containers (big enough to hold your child comfortably when he or she is sitting – e.g.: plastic tub, cardboard box, small plastic pool)
- Styrofoam peanuts
- tissue paper
- Autumn leaves

What do I do

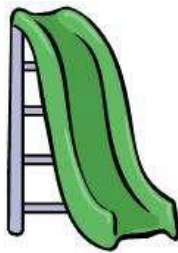
- 1 Put a filler in the **large** container.
2. Fill the container with any one of the fillers.
3. Next, put the student in the container with the filler. Let him/ her explore the sensation of the textures on the different parts of her body. Be sure he / she doesn't put any of the smaller items in his / her mouth. Rotate the fillers occasionally so the child can experience many different sensations.
4. You can pour the items over the child's head; rub them on a foot, or any other body part.

# Vestibular activities

## Swinging



## Most Children Love to go Up and Down



## In A Horizontal Direction



## Rotary Direction



# BALLOON BLOB

What do I need

Regular balloons

All-purpose flour



What do I do

1. Blow up a balloon and keep it inflated for at least 1 minute. Do NOT tie a knot in the end. After 1 minute, let all the air out.
2. Fit a funnel into the open end of the balloon. Carefully spoon flour into the funnel, tapping and shaking the funnel to get the flour into the balloon. Put as much flour into the balloon as you can.
3. Remove the funnel. Tie a knot in the end of the balloon.
4. Wash and dry the balloon blob
5. Draw a face or design on the blob if you like. Push, pull, and stretch it into different shapes.

# IDEAS FOR FEELY BAGS

These following recipes are for feely bags - a sensory rich grab bag of various slimy, gritty items that you can put in different size Ziploc bags for the kids to squeeze, squish and push! Wonderful occupational therapy tool! Enjoy!

- \* 1/2 cup gel, food colouring, glitter.
- \* Coffee grounds, popcorn kernels, flour.
- \* Cotton balls, crayon shavings, popcorn kernels.
- \* Peanut butter, glitter, popcorn kernels.
- \* Baby lotion and food colouring, glitter
- \* Baby oil and non-toxic aromatherapy (almond extract, etc)
- \* Hair gel and gummy fish, glitter
- \* Hair gel and gummy worms, glitter
- \* Sunflower seeds, popcorn kernels and other seeds
- \* Sand, seeds, kernels.
- \* Rice and seeds



Textures can be cut into squares and glued onto a board:

<ul style="list-style-type: none"> <li>* Carpet samples</li> <li>* Felt</li> <li>* Smooth rocks</li> <li>* Fake fur</li> <li>* Sandpaper</li> <li>* Aluminum Foil</li> <li>* Dried Noodles</li> <li>* Doilies</li> <li>* Pipe cleaners</li> <li>* Cement Tiles</li> <li>* Sticky items (two sided tape, ex)</li> <li>* Beads</li> <li>* Yarn</li> <li>* Leather</li> <li>* Silk</li> <li>* Canvas</li> <li>* Raffia</li> <li>* Flowers</li> </ul>	<ul style="list-style-type: none"> <li>* Rope</li> <li>* Ribbon</li> <li>* Sponges</li> <li>* Emery Cloth</li> <li>* Corduroy</li> <li>* Clay</li> <li>* Straw/hay</li> <li>* Leaves</li> <li>* Twigs</li> <li>* Tree Bark</li> <li>* Sea Shells</li> <li>* Acorns</li> <li>* Pine Cones</li> <li>* Sand Dollars</li> <li>* Feathers</li> <li>* Plastic</li> <li>* Cotton balls</li> </ul>
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# Footprints in the Sand

Capture that barefoot-on-the-beach feeling -- and a record of your feet -- with this simple plaster-casting project.



## Step 1:

Choose a site to cast your molds -- the moist, hard-packed sand near the water's edge works best.

## Step 2:

Firmly press both feet into the sand. The prints should be about 1/2 inch to 2 inches deep. (If your child can't press down that hard, he can use his finger to dig down into the print, following its shape.)

## Step 3:

Mix up the plaster, according to the What do I do on the package, so that it has a thick, creamy consistency. Pour the wet plaster gently into the footprints.

## Step 4:

To make hangers, tie a knot about a half inch in from each end of the pieces of string. As the plaster begins to harden, push the knotted ends into the plaster and let dry.

## Step 5:

After 20 to 25 minutes, gently dig the footprints out of the molds and brush away any excess sand. Set sole-side up in the sun for about an hour to let harden.