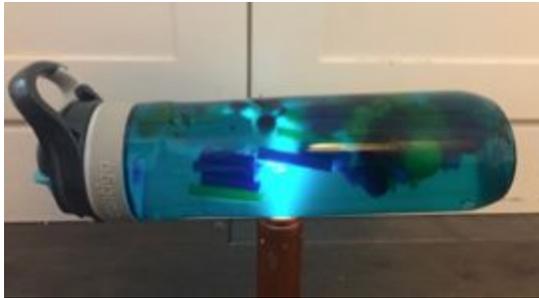




Author: Gina Higbe, Preschool Occupational Therapist

Date: 4/2/2020

Title: **Sensory Bottles and Bags**



Sensory bottles are great for indoor sensory activities. You can personalize these to your kids by using their preferred colors or objects in the bottle. If you use a glass water bottle, this will add weight to the bottle, which some children may find more satisfying.

Materials:

Clear, empty water bottle (reusable or plastic)

Water

Gel, dish soap or clear glue* (optional)

Food dye* (optional)

Fun objects for inside (beans, glitter, beads, cut up colored straws, shells, small pebbles, marbles, etc.)

If your child is able, help them go on a hunt to collect items for their sensory bottle. Once the items are collected, work on a variety of skills:

Sorting - have child make piles based on color, category, or likes/dislikes

Patterns - have child place items in the bottle in a pattern order (bead, straw, bead, straw)

Choice-making - have child use a switch or visual gaze to make a choice of which item to place in the bottle

Tactile discrimination - have child find the bead or straw on the table by feeling with their hand

Fine motor challenge - have child use tongs or tweezers to pick up the items to place in the bottle

*You can use a funnel to make it easier for the kids to fill up the water bottle. If you have clear hair gel or clear glue, this makes the mixture a little thicker and slows down the movement of the items you added to the bottle. You might want to glue on the cap of the bottle for extra security.

*Food dye can be added for some fun. If you can make a few bottles with different colors, you can work on color discrimination. A flashlight can also be used to draw attention to your sensory bottle.

***The similar plan can be used to with Ziplocs bags as well. Just be sure to seal them up well!



Author: Gina Higbe, Preschool Occupational Therapist

Date: 3/20/2020

Title: **Fruit identification and Hunt**

Gather fruits from your house (apples, bananas, oranges, berries, etc.). Talk about how you can describe each fruit, ask your child to use their words, if appropriate. Think in terms of smell, size, color, and texture.

Sorting – group all the round fruits together or group all the red fruits together.

Taste - Slice the fruit up and have your kids taste the fruit. Describe the taste of the food or have your kids try to come up with words to describe the taste. You can also see if they can tell what food they are tasting.

Scavenger hunt - Have fun hiding fruits around the house. See if they can find all the fruits **and** identify the ones they find. You can also have your kids hide the fruit for you to find.

Choice-making - They can use visual gaze or spoken language to look at preferred fruit or to reach for a specific fruit with your verbal cue.



Author: Gina Higbe, Preschool Occupational Therapist

Date: 3/20/2020

Title: **Jello Jigglers**



Jello Jigglers can be a fun sensory, cooking and play activity. You can work on following directions as well as identifying shapes and colors.

Ingredients for Jigglers:

2 ½ cups of boiling water

2 packages of Jello Gelatin (8 serving size each)

Directions:

1. Stir boiling water into dry gelatin mix in large bowl for 3 minutes
2. Pour into a 13X9 inch pan
3. Refrigerate for at least 3 hours
4. When you are ready to play, dip your pan into warm water to help the Jello release from the pan

Use cookie cutters to make shapes in the Jello. You can also just use a butter knife to create cubes or shapes if you do not have cookie cutters at home.

Sorting – group Jiggler shapes by color or by shape

Building – make stacks with the Jigglers and have your child knock them down

Sensory – Jigglers are really fun just to feel, squeeze, drop into a bucket

Vision – A flashlight can be helpful to draw visual attention to the Jigglers



Author: Gina Higbe, Preschool Occupational Therapist

Date: 3/20/2020

Title: **Jello Slime**



This is a fun (and messy) sensory activity. You can order this on Amazon or pick up from at a grocery store. The directions are on the tin and below. You can also find homemade recipes online if you are feeling adventurous.

1. Measure 3 scoops of slime mix into a bowl
2. Pour 1 scoop of warm water into bowl
3. Stir
4. Add a little more water depending on the texture you want
5. Play

Using a clear bowl with a flashlight is a fun way to highlight the experience.

This is purely a fun sensory experience. You can drip the slime over their hands. You can work on visual attention using a flashlight as it drips. Kids can squeeze, pull, push and roll the slime. The slime also has a strong and good smell for more sensory input.

***Note: this is edible but not necessarily a delicious meal! Cleans well with warm water.