

Make your own sensory box at home

Below, are some items you could use in order to give yourself some sensory time while at home. You will need some sort of box to put your things in. Just pick a few things from the list that you would like. Why not spend some time decorating it as well?

1. Skipping rope – You may have one of these already but you could easily make your own.
2. Resistance bands- you may have some of these in the house if a parent uses them for exercise.
3. Do you have a kaleidoscope or an hourglass for you to look at and use to calm down?
4. Pop a favourite book in to read.
5. Activity books are often relaxing- dot to dots, mazes, word searches, I Spy, etc.
6. Stress balls can be made out of balloons and sand or flour.
7. Play-doh and silly putty is very relaxing if worked in the hand.
8. A photo album filled with photos of family and friends can be very calming to browse through!
9. A small blanket made with your favourite texture.
10. Bubble wrap is very satisfying!
11. Bubbles- to encourage breathing out.
12. A Rubik's cube to fiddle with.
13. White board/magna doodle to doodle with.
14. Eye mask- maybe you have a superhero mask that could be adapted?
15. Tissue paper to rip up. Check your parents are happy for you to do this first!
16. Light up toys – a torch or a fairground toy.
17. Plastic snow globe - Acts like a calm down or sensory bottle.
18. Snacks with a variety of textures like crunchy pretzels or crackers, chewy dried fruit, or soft marshmallows.
19. Notepad to scribble your thoughts.
20. A CD of some calming music.

