



Behavioral Therapy Services

Phone: (954) 330 7611 Email: behaviorchangeflorida@gmail.com website: www.behaviorchangefl.com

Sensory

Research shows that sensory play builds nerve connections in the brain's pathways, which leads to the child's ability to complete a more complex learning task. It supports language development, cognitive growth, fine and gross motor skills, problem-solving skills, and social interactions. Sensory play is great for calming a frustrated or anxious child (even adults). As children explore, they will learn about various sensory attributes, and continue play will help reduce sensory aversion. **This packet will be based on recipes and instructions.**

Paint

- Liquid paint is always best when explore sensory. It is also great to use various manipulatives in or with it
 - Mix paint with sand and glues
 - Use sponges, toilet paper rolls (cardboard), paper, lemons for various textures.



Rice/Sand/Water

Children all love these types of play. Allow them to explore even further with adding colors, bubbles and toys.

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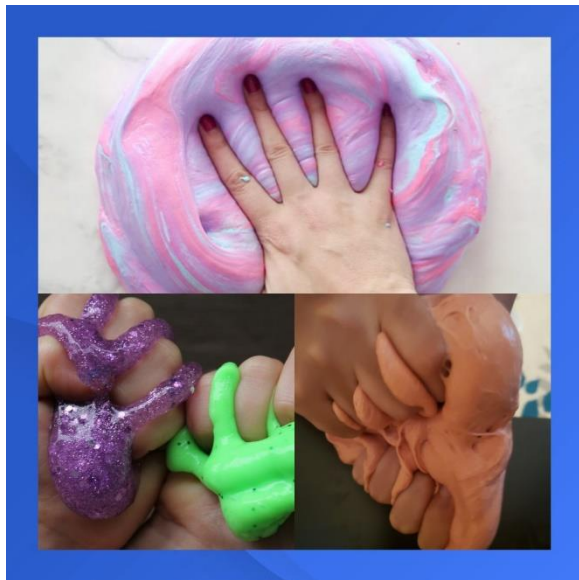


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Colored rice recipe

1. Divide small 32oz bag of white rice into 4 containers.
2. In each container place 1tbsp of white vinegar
3. Add food coloring of your choice. The more drops the more vibrant the color will be.
4. Put the lid on the containers and shake vigorously until dye is dispersed evenly.
5. Remove lids and allow to dry. Usually 5-10 minutes.
6. Mix colored rice together in bin or leave for sorted colors.



Slime Recipe

1. ½ tsp baking soda
2. ¼ cup water
3. 2-3 cups shaving cream (I like Barbasol)
4. 1 ½ tbsp contact lens solution (must have boric acid and sodium borate in ingredients)
5. Add food coloring and scents (optional)

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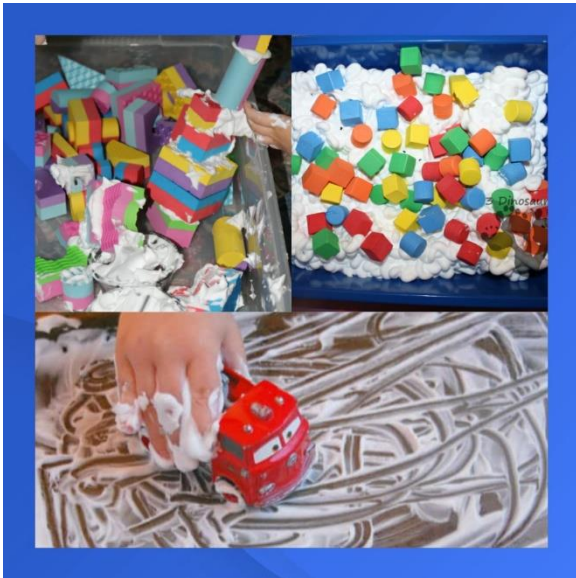


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Shaving cream

Just have fun with it! Put toys in it, write words, draw shapes, get it everywhere fun!



Scent Bottles

1. Use travel size bottles
2. Put 1-2 cotton balls inside
3. Place a few drops of desired scent
 - Use vanilla, peppermint, lemon, lavender, coconut. You can also put ground coffee beans or cinnamon sticks inside.
 - Add more drops when scent fades.



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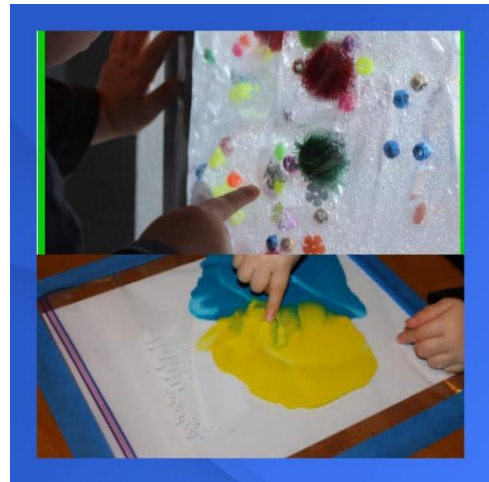
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No Mess Sensory

Sometimes parents are not in the mood to clean up a mess. Here are some of the same activities and a mess freeway.

Gel Sensory Bag

1. Use a large Ziplock bag
2. Add gel (big bottles found at the dollar store)
3. Add food coloring (optional). Clear bags are fine too
4. Add glitter/pompom balls or whatever fun things your child wants.
5. Seal properly



Paint Sensory Bag

1. Place a good squeeze of paint inside a large Ziplock bag.
2. Make sure the air is out and sealed properly. U
3. sing Masking tape, tape the bag to the table (all 4 side) to ensure it does not move and additional protection.

Sensory Bottle (glue based)

1. Use empty clear bottle (glass or plastic)
2. Fill the bottle 1/2 way with warm water
3. Pour a ¼ of the bottle with glue (you can use clear or colored glue)
4. Add you item of choice (mini rubber bands, water beads, glitter, plastic coins)
5. If you use glitter pour a lot in.
6. Add food coloring – If you use colored glue omit this step.
7. Cover and Shake.
8. Add more glue if you want a thicker consistency. More water for loser consistency.



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Sensory Bottle (oil based)

1. Use empty clear bottle (glass or plastic)
2. Fill the bottle ½ way with water.
3. Add a few drops of oil-based food coloring
4. Use ¼ cup of vegetable oil or baby oil.
5. Add items of your choice
6. Cover and Shake.

** If you are happy with the consistency and look of your sensory bottle, place a thin layer of glue using a hot glue gun on the top of the bottle before putting the cap on. This will create an additional seal as well as make it harder for your little ones to open.*

Rice

1. Place rice in a cloth sack or cloth pencil case.
2. Bags filled with rice is a guaranteed mess free activity.
 - o The bags can be warmed in the microwave or chilled in the freeze adding another level to your sensory fun.

Sensory Balloons

1. Blow you balloon and keep air for roughly a minute.
2. Attach funnel
3. Fill with your filler of choice

Slime, playdough, flour are preferred choices for kids and adults. I believe these textures feel like a stress ball.



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