

## Sensory Integration Tools

### ***Make your own Play Dough***

Materials:

2 cups flour  
2 cups warm water  
1 cup salt  
2 tablespoons vegetable oil  
1 tablespoon cream of tartar (optional for improved elasticity)  
Food coloring  
Scented oils



-Mix the flour, warm water, salt, vegetable oil and cream of tartar together thoroughly in a bowl. Cook the mixture on the stovetop for 10 minutes while stirring. Separate the mixture into different containers and add a different food coloring mixture to each. Finally, add scented oils to make the play dough smell great!

Why this is important- Playing with play dough is an activity that many children enjoy. Benefits of play dough include eye hand coordination, expression of creativity, and exploring soft textures. A fun and beneficial idea is making faces with the play dough in order to practice recognizing different facial emotions and talking with your child about the different emotions.

### ***Make your own Body Sock***

Materials:

Large stretchy fabric  
Elastic bands for tying

-Wrap the fabric tightly around the child and measure the length. Add 8-10 inches to the measured length and size the fabric accordingly. Sew or tie the fabric in the shape of a potato sack (make sure the head portion is open so that safety is not a concern). The child will get inside the "body blanket" and perform arm and leg stretches.



Why this is important- Using a body sock can help increase spacial awareness and coordination via balance and resistance activities. Other benefits of the body sock include deep pressure to the muscles and joints.

### ***Make your own Weighted Blanket***

Materials:

2 yards of fabric  
Thread  
River rock, poney beads, dried beans, etc.  
Sewing machine

-Sew three of the sides of the fabric together. Fill the opening with river rocks, poney beads, or dried beans. Add cotton to make the blanket softer. After completely filling the blanket, sew all the sides together.

Why this is important- The primary purpose of a weighted blanket is to provide deep pressure stimulation to the body. A weighted blanket is a useful tool because of its convenience. When making your own weighted blanket, you can size it to the exact dimensions that will fit your child. A custom made weighted blanket can be the perfect tool to help your child meet his/her sensory needs.

## ***Make your own Bubble Liquid***

Materials:

- 1 cup water
- 1 tablespoon liquid detergent
- 1 tablespoon glycerin
- 1 teaspoon sugar

-Mix all ingredients together and enjoy!

Why this is important- Playing with bubbles is an activity that many children enjoy. Its simplicity makes it a very effective game to play. Benefits of playing with bubble liquid include increasing gross motor skill, eye hand coordination, balance, movement, and exploration of liquid textures.

## ***Make your own Rainbow Rice***

Materials:

- Rice
- Rubbing alcohol
- Food coloring

-Separate white rice into cups. Pour a little bit of rubbing alcohol on the rice & add a different color to each cup. After drying, mix the rice together. This is a great alternative to a messy sandbox!

Why this is important-Incorporating rainbow colored rice into a sensory table activity can be beneficial in many ways. Playing with the rice will provide your child with tactile input, fine motor skills, and an opportunity to practice target words such as, "in", "out" and the different colors of the rice.

## ***Make your own Shaving Cream Art Tray***

Materials:

- Plastic tray
- Shaving cream

-Spray shaving cream onto a plastic tray. Allow the child to explore!

Why this is important- A shaving cream art tray is a useful tool for your child to write, draw and have fun! This activity is a great way to practice handwriting skills. Other benefits of the activity include fine motor skills, eye hand coordination and exploration of soft, smooth and creamy textures. Food coloring can be added to the shaving cream in order to facilitate a discussion about colors. Toys and objects may also be used in order to make the activity appeal to your child.

## ***Make your own Crash Pad***

Materials:

- Four flat sheets
- Foam scraps or old bed pillows
- For closure- zipper or Velcro

-Sew two sheets together on three sides. Fill the inside with foam scraps or pillows. After completely filling the sheets, sew all the sides together.

Another option is to visit a department store and buy ready duvets or covers for futons. This might be easier if you do not want to sew.

Why this is important- A crash pad is effective in targeting multiple senses. Benefits of a crash pad include proprioceptive, tactile and vestibular input. Many children enjoy playing with a crash pad because the deep pressure provided by it is calming and comforting.

## ***Make your own TheraPutty***

Materials:

2 cups of water

1 cup white glue

1 tablespoon borax

Plastic spoon

Plastic bowl

-Pour 1 cup of water and one cup of white glue into a plastic bowl and mix them together. Take another cup of water and mix it with the borax. Carefully, mix the first and second mixtures together. You should be able to see the putty forming slowly. Mix everything thoroughly and you now have your own TheraPutty!

-The mixture can be adjusted based on your child's sensory preferences. For example, if the child prefers softer textures, increase the amount of water in the mixture by  $\frac{1}{4}$  of a cup. Conversely, if your child prefers harder or stickier textures, increase the amount of glue in the mixture by  $\frac{1}{4}$  of a cup.

Why this is important- Playing with TheraPutty is beneficial for developing fine motor skills and eye hand coordination. There are many activities and games that can be implemented with the use of TheraPutty. Some activities include making shapes or animals which can be used to facilitate language. It is beneficial to talk to your child about the different shapes or animals that you make using the TheraPutty.

## ***Fun around the House***

There are many activities or chores that your child can help you with around the house. These activities can be beneficial in meeting your child's sensory needs, not to mention very helpful to you in getting work done around the house! These activities can also provide great ways to facilitate language if you talk about each activity while you are participating in it together with your child.

Vacuuming- Vacuuming the floor can help your child meet his/her sensory needs by pushing and pulling the vacuum cleaner. A vacuum cleaner also stimulates the auditory sense.

Carrying groceries- Carrying grocery bags from the car to the house can be a fun and effective activity in providing proprioceptive input. This activity will help with balance and movement.

Wiping surfaces- Wiping windows, tables, or the floor requires gross motor skill as well as eye hand coordination. Cleaning can be turned into a fun activity to participate in together with your child.

## ***Recommended websites include:***

[TheraPro](#)

[Toys & Gift Ideas](#)

[Home & School Activities](#)

[More Activities](#)



***Additional sensory integration tools and activities***

***can be found at stores such as IKEA, Target, and Toys R' Us.***

Adapted from: *More Than Words* by Fern Sussman & *The Out-of Sync Child Has Fun* by Carol Stock Kranowitz