







## Budget Friendly Sensory Toys and Activities

Created By: Mick Peterson-Doctor of Occupational Therapy Student

### Proprioception: Body Awareness/ Pressure

<p>Pillow Pile</p> 	<ul style="list-style-type: none"> <li>Make a pile of pillows/sofa cushions on the floor and have the child jump on them or crawl through the pillows while you provide some pressure on the top of the pillows to provide child with deep pressure</li> </ul>												
<p>Tennis Ball Chair and Bouncy Band</p> 	<ul style="list-style-type: none"> <li>Designed to provide tactile stimulation to help sensory seeking kiddos regulate themselves</li> </ul> <table border="1" data-bbox="824 632 1511 766"> <thead> <tr> <th>Tennis Ball Chair</th> <th>Bouncy Band</th> </tr> </thead> <tbody> <tr> <td>Cut tennis balls in half and super glue to chair</td> <td>Use any exercise band and tie around bottom legs of chair</td> </tr> </tbody> </table>	Tennis Ball Chair	Bouncy Band	Cut tennis balls in half and super glue to chair	Use any exercise band and tie around bottom legs of chair								
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<p>Empty Swimming Pool Filled with Cut Up Pool Noodles</p> 	<ul style="list-style-type: none"> <li>Kid swimming pool: Plastic or blowup</li> <li>Pool noodles cut up into smaller pieces</li> <li>This low-cost alternative creates the same proprioceptive input as a ball pit</li> </ul>												
<p>Spandex Sensory Sock and Bed Sheet</p> 	<ul style="list-style-type: none"> <li>The stretchable body sock and bed sheet provide proprioceptive input and deep pressure to the individual's whole body creating a calming, secure feeling</li> <li>Buy spandex material in preferred color at Walmart, Michael's, Jo-Ann Fabrics</li> </ul>												
<p>DIY Weighted Shoulder/Lap Belts</p> 	<ul style="list-style-type: none"> <li>Gentle comforting pressure allows the user to feel more grounded, focused, and secure</li> <li>Fill knee-high socks with rice or beans and tie tightly</li> <li>Can add essential oils such as lavender for calming aromatherapy</li> <li>All things can be found at Dollar Tree</li> </ul>												
<p>Weighted Sensory Bottles</p> 	<table border="1" data-bbox="824 1640 1511 1833"> <thead> <tr> <th>Blue Bottle Contains:</th> <th>Gold Bottle Contains</th> </tr> </thead> <tbody> <tr> <td>Water</td> <td>Water</td> </tr> <tr> <td>Blue Sand</td> <td>Yellow Shampoo</td> </tr> <tr> <td>Hair Gel</td> <td>Glitter</td> </tr> <tr> <td>Colored Beads</td> <td>Small Rocks/marbles</td> </tr> <tr> <td>Glitter</td> <td></td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>These weighted sensory bottles require some strength and energy to create visually appealing effects and provide proprioceptive input. Great for high energy kiddos.</li> <li>All things can be found at DollarTree</li> </ul>	Blue Bottle Contains:	Gold Bottle Contains	Water	Water	Blue Sand	Yellow Shampoo	Hair Gel	Glitter	Colored Beads	Small Rocks/marbles	Glitter	
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## Visual: Sight

### Card Board Box Light House



- Take a cardboard box and poke holes in the top of the box and fill with Christmas lights to create a fun, safe place
- Fill cardboard box with fun items such as pillows, blankets, stuffed animals, etc.
- All things can be found at Dollar Tree

### Milk Carton Glow Light



- Take a clean water bottle or milk jug and fill with water. Place a cracked glow stick in the jug to for the light to glow. Can decorate if desired.
- All things can be found at Dollar Tree

### Lazer Light and Star Projector



- Both these products produce light and projects objects/lasers on the ceiling and walls of the room providing a very visually stimulating, calming atmosphere
- Can be bought online from Amazon (\$10-\$20)

### Visual Cause and Effect Products



- Novelty light up ball, bubbles, LED wand and Emoji Ball provide child with visually stimulating objects that also provide the educational aspect of cause and effect
- All items can be found at the Dollar Tree

### Visual Sensory Bottles



#### Clear Bottles






- Water
- Baby Oil
- Food Coloring (optional)
- Items of choice

#### Glitter Bottles

- Glitter Glue
- Extra glitter/ items to put in bottle
- Hot water
- Food coloring

- All items can be found at the Dollar Tree

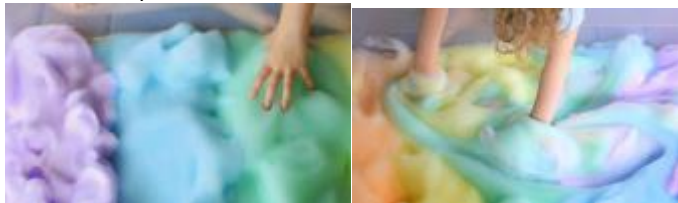
## Auditory: Hearing

<p>Soothing Sound Machine</p> 	<ul style="list-style-type: none"> <li>• Nursery lullabies, ocean waves, heartbeat, rain, Mozart songs and more allow child to relax and unwind-great when putting to bed</li> <li>• Items can be found at Walmart, Target or online such as Amazon (\$10-\$25)</li> </ul>
<p>Melissa &amp; Doug Sound Puzzles</p> 	<ul style="list-style-type: none"> <li>• Puzzle produces different sounds when the pieces are correctly matched and placed in their slots- Also educational!</li> <li>• Approximate Cost: \$10-\$15 (Bought online)</li> </ul>
<p>Auditory Cause and Effect</p> 	<ul style="list-style-type: none"> <li>• Whoopee Cushion, bubble wrap, cat toys and jingle bells can all be used in fun ways to create auditory stimulating cause and effect</li> <li>• All items can be found at the Dollar Tree</li> </ul>
<p>DIY Rain Stick</p> 	<ul style="list-style-type: none"> <li>• Use old coffee can, pringles tin, or paper towel roll and fill with rice, beans, seashells, etc. Superglue lids back on</li> <li>• Decorate as desired with washi/duct tape</li> <li>• Fill clear water bottle with sticks and rice to create both auditory and visual stimulation</li> <li>• All items can be found at the Dollar Tree</li> </ul>
<p>Multi-Color Beaded Sensory Curtain</p> 	<ul style="list-style-type: none"> <li>• Provides a fun visual and audible and tactile object to play with and go through</li> <li>• Supplies:</li> <li>• PVC Pipe and Connectors (found at Menards/ Home Depot) make as big/little as desired</li> <li>• Bead Necklaces hot/super glued on top of PVC (Dollar Tree)</li> </ul>



## Tactile: Touch

### Rainbow Soap Foam Bubbles



- This very quick and simple puffy, fluffy multicolor foam is a fun form of sensory play –Try mixing the colors!
- Supplies:
  - 2 Tbsp of dish soap (Dawn Dish Soap)
  - ¼ cup of water
  - Mixer (Mix for 1-2 minutes)
  - Food Coloring

### Different Textured Tactile Balls



- Whether your catching, throwing, squeezing or rolling this classic toy, the bright colors and varying textures encourage sensory exploration and promotes tactile development with different sizes and shapes
- All these items can be found at Dollar Tree

### Play-Doh



- Play-Doh is well known kid favorite allowing exploration and creativity to arise. No matter if you squeeze it, roll it, flatten it or sculpt it, you are getting tactile input and working on fine motor skills
- All items can be bought at the Dollar Tree

### Sensory Bags



\*Make sure to duct tape around outside of entire Ziploc bag

- These custom made sensory bags provide tactile and manipulative stimulation experiences and keep kids busy

Bags 1 & 2	Bag 3
Hair Gel/ Dish Soap	Water
Glitter	Baby Oil
Random items chosen (beads, sequins, jewels, eyeballs, etc.)	Food Coloring

- All these items can be found at Dollar Tree

### Create-Your-Own Texture Book



- This fun custom-made book allows your child to explore different textures while learning at the same time
- Supplies:
  - CD sleeves with front plastic wrap cut out
  - 1" album rings
  - Hole Punch
  - Double Sided Tape
  - Cardboard
  - Superglue
  - Sensory items/textures
- All these items can be found at Dollar Tree

## Vestibular: Body Orientation and Balance

### DIY Sensory Swing



- Swinging stimulates vestibular input and helps kids practice balance and coordination while having fun along the way
- Supplies:
- Round saucer snow sled (Walmart, Target, Menards)
- Strong rope tied at four points around saucer
- Proper mounting hardware

### Swivel Chair



- Place the child in a swivel chair and safely spin them around in a circle to give them vestibular input.
- Try spinning one way 5 times then go the opposite way 5 times

### Tactile Balance Noodle



- Assist on strengthening strong foundational balance skills with the tactile balance noodle. Squishy, textured surface stimulates the individual's sensory system
- A pool noodle cut in half should be used for beginners and a full noodle can be used for increased difficulty

### DIY Sensory Disc Twister



- Hot glue/super glue a wide variety of textured and colored materials to cardboard or foam discs
- Use scrap fabrics, pom-pom balls, a feather boa, microfiber hand duster, textured gloves, etc.
- All these items can be found at Dollar Tree



### Sensory Fidgets



- All these items can be found at Dollar Tree

