

# Sensory Box Ideas

Here I will provide some examples of things which can be bought to go into a sensory box – the list is endless and you can put almost anything in there – you can't really go wrong. Just think what your child would enjoy and what sensory needs they may have. You can find a lot of ideas on the internet (google) and things can be bought quite cheaply on ebay or amazon amongst other places. You can add things like food colouring, different smells such as vanilla essence and glitter. My list includes but is not limited to...



- **Foil** – you can buy special foil blankets for this purpose but tin foil works just as well



- **Shaker bottles** – see a previous post on how to make one yourself



- **Musical instruments** – rain makers are a particularly good one

- **Brushes** – all different kinds – hair brushes, nail brushes, tooth brushes



- **Streamers**



- **Party starters / disco lights**



- **Scarves** – you can get special see through ones and lots of different textures/colours



- **Balls** – you can get lots of different textures and some with lights etc. You can even get some that you can put in the bath.



- **Bubbles**

- **Cloths** – these can be kitchen cloths – clean/new ( some are used for different purposes and are rougher than others so provide different experiences)



- **Food items** – pasta, rice, cornflour, beans

- **Messy play items** – baby oil, sand, water play, food colouring, flour, oats

- **Aqua beads**



- **Cotton Balls**

- **Kintetic sand**

- **Shredded Paper**



We hope this list is enough to get you going but the list really is endless. We hope you have fun investigating.