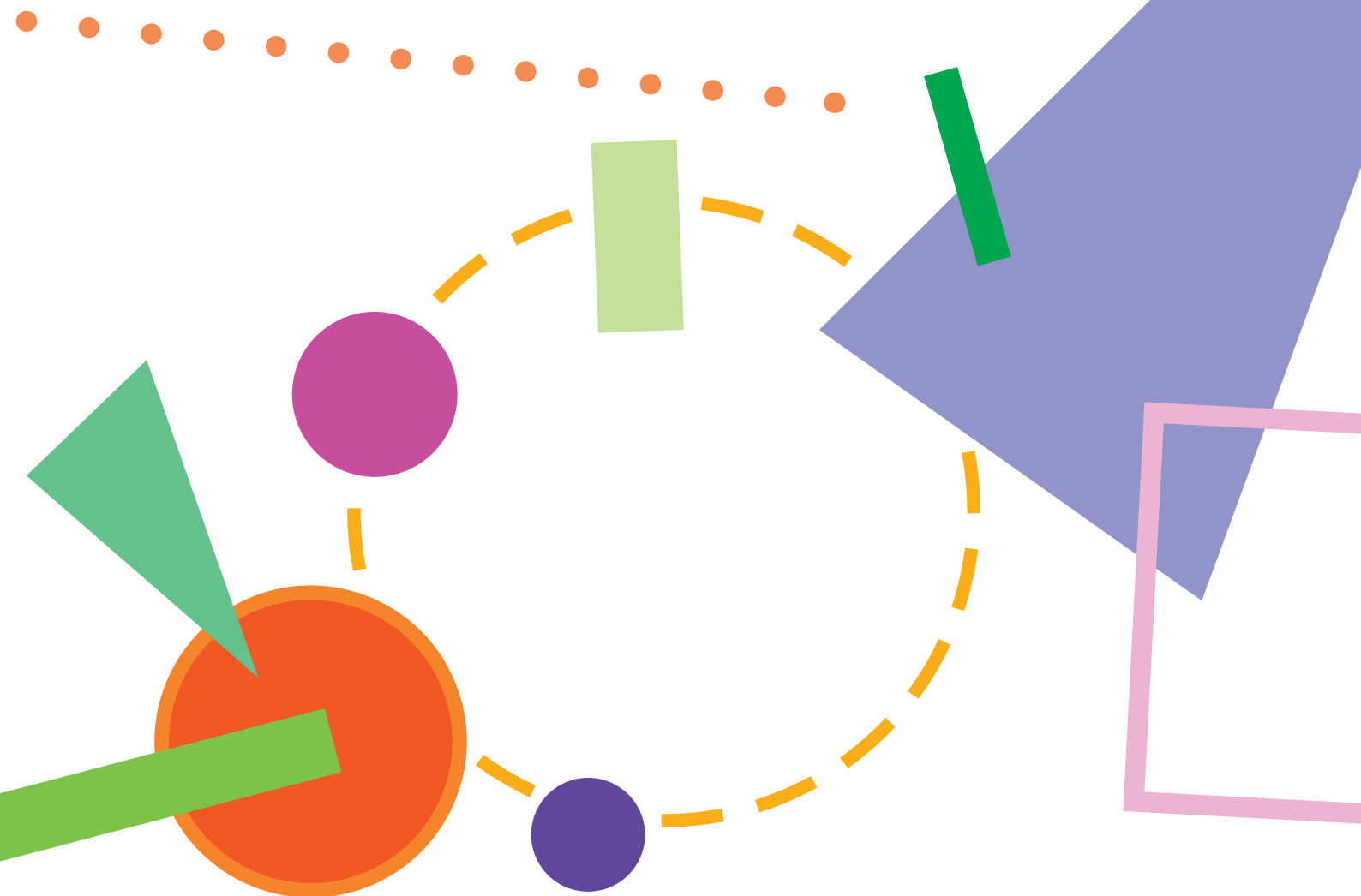


# Sensory Box Adult Guidance



## What Is a Sensory Box?

A sensory box is a container filled with any kind of tactile material that children can explore using their senses of sight, touch and smell - this helps them to learn in a multisensory way. Sensory boxes can be general or based around a topic or theme.

## Who Is a Sensory Box For?

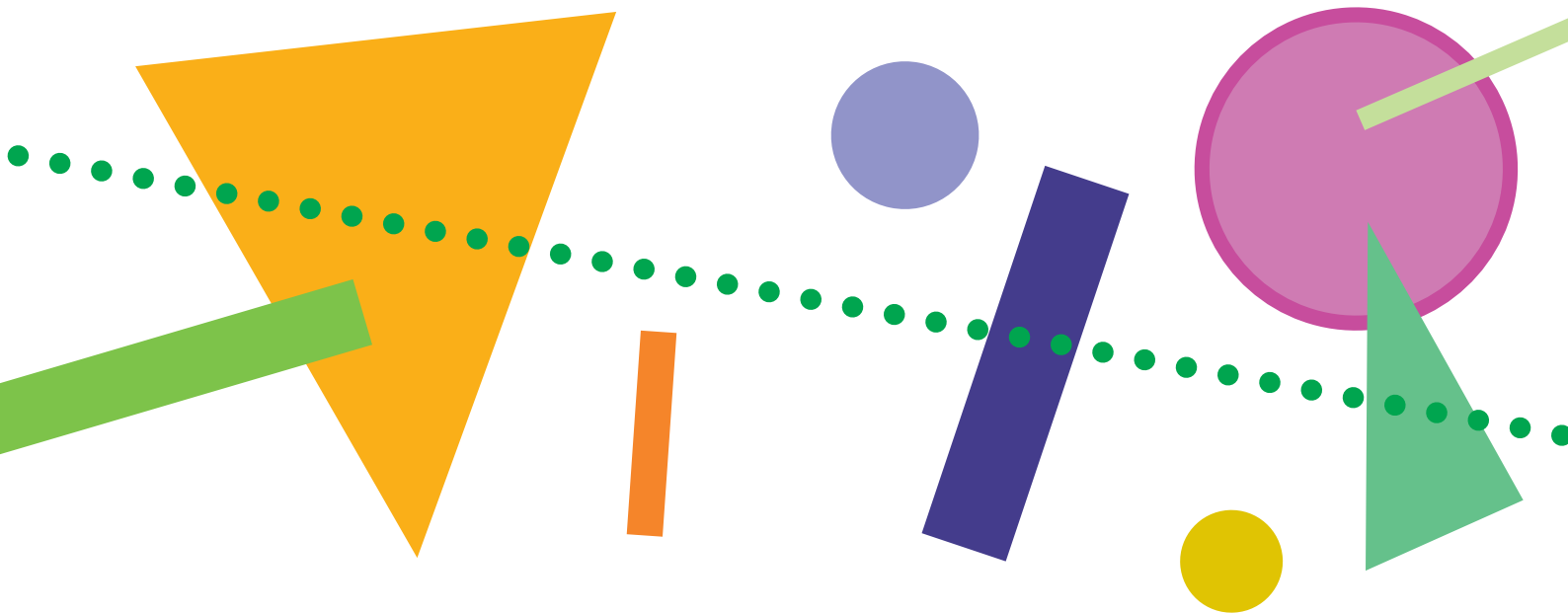
All children can benefit from sensory boxes but they can be particularly useful for children with developmental delays or who have a sensory processing disorder.

## What Things Can Be Put in a Sensory Box?

As a sensory box should be individually tailored to meet the child's needs, the items you put in it will vary.

Firstly, you need to know if the child in question tends to get overstimulated or understimulated to ensure that the box caters for this need:

- A box for an overstimulated child should contain objects that help the child to calm down. This could include soft material or calming bottles, for example.
- A child who is understimulated may show signs of being lethargic and not as responsive. Therefore, this box would need to contain objects that stimulate the senses, such as bright colours and noises.
- For sensory-seeking behaviour, you could use objects that provide sensory stimulation, such as giving them a fiddly toy while listening to the carpet input.



## Tactile Objects

A sensory box should contain objects of various textures that meet the child's sensory profile. It might be that the child needs objects they find soothing to hold or play with. Some children might have a sensory profile that means they need textures that are rough, smooth, hard, soft or fluffy. Rough textures can also be useful for sensory-seeking children.

Objects that could be included in a sensory box are:

- smooth wooden objects (e.g. wooden doll, rolling pin, wooden mirror)
- rough textured material (e.g. hessian, corduroy, textured soft toy)
- soft textured material (e.g. fluffy soft toy, baby blanket)
- prickly objects (e.g. nail brush, velcro, seashell)

## Fiddly Items

Fiddly items in a sensory box provide some proprioceptive input (this refers to a child's body awareness), which, depending on whether a child is sensory-seeking or overstimulated, can either stimulate or calm a child and help them to focus during an activity that requires their listening and attention skills.

Some fiddly items that could be included in a sensory box are:

- beaded necklaces (especially wooden beads)
- wooden nesting toys
- fidget spinners
- hair scrunchies
- puzzle balls

## Sensory Trays

Instead of a sensory box, you may choose to create a sensory tray (alternatives include sensory bags, sensory bins, sensory bottles, etc.) which can be themed. Ideas for different themed sensory activities can be found below:

- [Pancake Day Sensory Box](#)
- [Halloween Sensory Tray](#)
- [Christmas Sensory Bags - Christmas Tree](#)
- [Zoo Sensory Bag](#)
- [Winter Themed Sensory Bin](#)
- [Firework Sensory Bin](#)
- [Colour Explosion Sensory Bottle](#)

