



FOR PARENTS & CARERS

Sensory Boxes at Home

Children need to experience a range of sensory sensations in order to develop their sensory systems. Some children may need extra sensory input throughout the day — a sensory box brings together tools and activities to support your child's individual sensory needs, for use during sensory breaks, play, learning, relaxation and exploration at home.

Things to Consider

- Each sensory box should be adapted to fit your child's individual needs.
- Notice what sensory input your child tends to seek out or avoid, to help you choose what to include.
- Choose resources and activities based on what you notice.
- Talk to your child about how and when they can access their sensory box at home, e.g. keeping it somewhere they can reach independently.
- Regularly review and refresh the activities as their needs change, and to keep the box exciting.

Sensory Tool Ideas — Tactile (Touch)

- Different fabrics, e.g. soft, rough, smooth.
- Squeezy tools.
- Kinetic sand.
- Feathers.
- Brushes.
- Slime or putty.

Sensory Tool Ideas — Visual (Sight)

- Light-up tools.
- Spinners.
- Mirrors.
- Sand, liquid or bubble timers.
- Kaleidoscopes.

Sensory Tool Ideas — Olfactory (Smell)

- Scented putty.
- Jars with different scents, e.g. lavender or lemon.



Sensory Tool Ideas — Proprioceptive (Body Awareness)

- Bean bags.
- A teddy for their lap.
- Chewy, squeezey or stretchy tools.

Sensory Tool Ideas — Auditory (Hearing)

- Musical instruments, e.g. shakers or bells.
- A rainmaker.
- Bubble wrap.
- Calming music.

Sensory Tool Ideas — Vestibular (Movement)

- Skipping ropes.
- Spinners.
- Balls.
- Wind-up tools.

Enjoy building your sensory box together — a well-matched box can make a real difference to your child's day.

