

Virtual Academy  
Occupational Therapy Group  
DIY Sensory Strategies

**Visual-** Sensory bottles- empty clear bottles, baby oil and craft supplies! Don't forget to secure the top when you are finished!

**Tactile-**Bubble wrap

**Visual-**Sand "I Spy" bottles-empty, clean bottles, craft supplies...secure the top!

**Tactile** Sensory-DIY stress balls rice and flour- double check for latex precautions! See video for options

**Oral Motor-**Bubbles/straw and cotton ball blowing activities/whistles and horns/different sizes/shapes of straws

**Visual and Tactile-**Hair gel sensory baggies, see video!

**Olfactory-** Aromatherapy options-alerting smells, calming smells, see video!

**Vestibular and Proprioceptive-** Weighted bean bags/lap pads/snakes

**Tactile, Olfactory and Visual-** shaving cream tray or baggies

**Tactile and Visual-** Sensory box-options to put in- beans/rice/easter grass/spaghetti noodles/water beads

**Tactile-** DIY figits/make your own figit bag, see video!

**Vestibular-** Easy rocking chairs at home- tennis ball on chair leg or lightly inflated beach ball