

# Sense-able Ideas: Sensory Toolbox for the Classroom

## Visual

Kaleidoscope  
Snow globe  
Lava bottle  
Sand-timer  
Pinwheel  
Picture book  
Favourite comic  
Maze/puzzle book

## Oral

Bubbles  
Straws to blow cotton  
balls or ping pong balls  
Harmonica  
Party blower  
Pinwheel  
Lollipop  
Crunchy snacks  
Chewy sweets

## Olfactory

Scented stickers  
Smelling bottles  
Calming essential oil spray  
Scented pencils/erasers  
Scented cuddly toys

## Auditory

MP3 player/tablet/ipad  
with classical/jazz music  
Ear defenders

## Tactile

Rubik's cube  
Pipe cleaners  
Elastic bands  
Tissue paper  
Foil paper  
Stress ball  
Fidget toys  
Bubble wrap  
Fabric  
Balls (e.g. smooth, textures)  
Wicky stix  
Lego/K'Nex  
Play-doh

## Vestibular

Movement cards, for example -  
**Whole Classroom Activities**  
Simon Says/Heads down,  
thumbs up/Head, shoulders,  
knees and toes/Chair aerobics/  
Star or scissor jumps/Hop or  
jog on the spot  
**Individual Movement Activities**  
Classroom chores

## Proprioception

Yoga cards  
Small blanket  
Cushion  
Weighted cuddly toy  
Move n' sit cushion



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