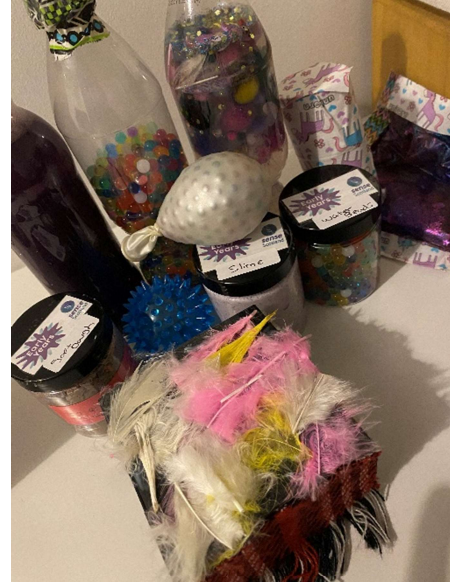




Travel Sensory Bags

What you will need:

- Draw string bags
- Sensory items, like sensory bags, bottles, messy play etc.



How to make the game

- Make up the items for your bag.
- **Sensory bottles:** you make these by taking a plastic bottle (any size), fill $\frac{3}{4}$ of the way with water add food colouring, glitter, sequins, or add water beads, or feathers, pom poms and glitter, or pasta. Seal the lid with glue or duct tape.
- **Sensory balloons:** using clear balloons is best, but coloured balloons will work also. Can fill with flour and make a stress ball, fill with water beads, rice or shaving foam. You can make a funnel to fill the balloon by cutting the top off a bottle and place the balloon over the neck of the bottle.
- **Sensory box:** taking a small box you can cover each side of the box in a different sensory item, like a blanket, feathers, pom, poms, tin foil, rice, bubble wrap etc.





- **Shakers:** taking a toilet tube, cover the bottom with a piece of paper, then fill with noise making material, such as pasta, rice, sprinkles, pasta etc. Cover the top with paper as well, sealing with tape, we used duct tape to provide extra protection, but you can just colour in the tube.
- **Sensory bags:** taking a sealable plastic bag, fill to half full with hair gel, add food colouring, sequins, glitter etc. Seal the bag and then secure shut with tape. Push all the gel into the middle of the bag, and round the four corners cover with patterned tape to create a window effect.



- **Slime:** make slime by adding a cup of Elmer glue, with a teaspoon of baking powder, mix in food colouring and glitter. Adding contact solution until it reaches your desired consistency. Put into a tub so it can be played with on the go.
- **Soft dough:** make by making equal parts shaving foam and cornflour. Add more of one or the other to reach your desired consistency. Place in a tub so it can be played with

on the go.

- **Water beads:** these are little beads that can be bought, all you do is add water and they grow. They are a great sensory experience. Place in a tube to be played with on the go.
- **Other sensory items:** you can add anything that provides a relaxing or fun sensory experience on the go. Such as light up balls, blankets, cuddly toys etc.

Benefits

- **Sensory experiences:** this bag can provide experience for all the senses. Making them to fit the needs of the person using the bag, providing a unique and tailored sensory experience.
- **Relaxing:** these bags are intended for helping a person relax in difficult situations. Providing them with their favourite sensory experiences to calm anxieties, nerves or calming after stressful moments.



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- **Choice:** you can use the bags to give them choices, getting them to pick between two items or two experiences, allowing them to have control over their experience.



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