

## Sensory Bag/Kit

Create your very own sensory bag with your child and fill it with items that will support them to feel calm and relaxed and that engage their brain and body.

Items you could include;

- Clay or playdough
- Bubble wrap
- Fabric for stroking
- a silly straw for helping little people take big breaths
- rubber gloves (which you can fill with flour to create a squishy stress ball)
- slinky
- rubber bands
- a book with sensory pages
- fidget toys
- crayons and a notebook
- smooth rocks (for holding and rubbing),
- sidewalk chalk
- spray bottles
- feelings book



This sensory bag was created by Barnardos Worker Shirley Smyth in Mahon, Cork who uses it regularly with the children she works with.