

MY SENSORY MENU

VISION



- ☐ Water play
- ☐ Texture ring
- ☐ Rattles
- ☐ Nature play
- ☐ Ball pit
- ☐ Textured book
- ☐ Bubbles
- ☐ Finger painting
- ☐ Sensory bins
- ☐ Water painting
- ☐ Sensory stories
- ☐ Bath paint
- ☐ Volcano experiment
- ☐ Lego
- ☐ Slime
- ☐ Cornflour bouncy balls
- ☐ Sensory Rice
- ☐ Fidget toys
- ☐ Sensory jars

HEARING



- ☐ Water play
- ☐ Rattles
- ☐ Nature play
- ☐ Sensory bins
- ☐ Sensory story
- ☐ Volcano experiment
- ☐ Sensory Rice
- ☐ Sensory jars

SMELL



- ☐ Nature play
- ☐ Massage (oils)
- ☐ Shaving foam
- ☐ Sensory bins
- ☐ Bubble baths
- ☐ Sensory story
- ☐ Baking
- ☐ Smell boxes

TOUCH

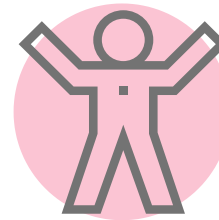


- ☐ Water play
- ☐ Texture ring
- ☐ Rattles
- ☐ Nature play
- ☐ Ball pit
- ☐ Textured book
- ☐ Massage
- ☐ Sandpit
- ☐ Shaving foam
- ☐ Gloop
- ☐ Mud play
- ☐ Finger painting
- ☐ Playdough
- ☐ Sensory bins
- ☐ Water painting
- ☐ Bubble baths
- ☐ Sensory stories
- ☐ Clay
- ☐ Baking
- ☐ Lego
- ☐ Kinetic sand
- ☐ Slime
- ☐ Paper mache
- ☐ Cornflour bouncy balls
- ☐ Sensory Rice



- ☐ Fidget toys
- ☐ Threading
- ☐ Weighted blanket
- ☐ Weighted vest
- ☐ Body sock
- ☐ Weighted stuffed puppy
- ☐ Blanket wrap
- ☐ Swaddle wrap

PROPRIOCEPTION



- ☐ Texture ring
- ☐ Ball pit
- ☐ Massage
- ☐ Swings
- ☐ Trampoline
- ☐ Fidget toys
- ☐ Weighted blanket
- ☐ Weighted vest
- ☐ Body sock
- ☐ Weighted stuffed puppy
- ☐ Blanket wrap
- ☐ Swaddle wrap

VESTIBULAR



- ☐ Water play
- ☐ Nature play
- ☐ Ball pit
- ☐ Swings
- ☐ Trampoline
- ☐ Jumping
- ☐ Dancing
- ☐ Bouncing on an exercise ball
- ☐ Wiggle cushions

TASTE



- ☐ Baking