

Sensory Baskets



Directions

This activity involves tactile to calm the nervous system and support someone to feel better when their arousal levels begin to heighten. This can be when anxious or if someone becomes too excitable.

Create a sensory basket by locating household items that provide strong tactile feedback i.e. nail brushes, hair brushes, makeup brushes, sponges, cotton wool, pine cones, gloves, woollen items, forks, cloths, smooth pebbles, face towels/flannels, etc. try to include a range of items that are soft, rough, smooth, bumpy, hard, etc.

Encourage the person to put these items individually on their skin (arms, legs, face, etc) and gently rub or stroke to feel the different tactile sensations. If they allow, this is more effective if carried out by someone else and can be a substitute for massage.

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This activity supports:

- Self regulation
- Sensory calming
- Nervous system responses
- Tactile perception
- Tactile discrimination

Precautions

Be aware of tactile sensitivities.

Equipment ideas:

As detailed in the directions. Nail brushes, hair brushes, makeup brushes, sponges, cotton wool, pine cones, gloves, woollen items, forks, cloths, smooth pebbles, face towels/flannels, etc. try to include a range of items that are soft, rough, smooth, bumpy, hard, etc.