

SENSORY REINFORCEMENT

1 CREATE A SENSORY BIN

Client can be highly reinforced by different textures, sounds, colors, and sights. Some clients may also have aversions to certain sensations that sensory bins can help lessen. Sensory bins should be full of different colors, objects, and textures to encourage exploration. Sensory bins can be small (only for hands or feet) and some can be big enough for a client to sit within.

The combination of materials is endless! Examples of sensory bins include:

- Sand sensory bin- Add kinetic sand and other toys. (Blue sand and sea animals for ocean, Brown sand and trucks for construction zone). Add items to pour, shake, and scoop with for imitation possibilities.



- Beans and pom poms- This is great for kids who like to pour or the sensations of having things poured onto them. Add many different types of dry beans to a bin and the add soft items as well including pom poms, foam shapes, or anything the child may be motivated to “hunt” for.



POM POM SEED GARDEN SENSORY BIN

- Water beads or Orbitz- These water beads are a great for clients who like to play with water but without the hassle of getting wet! Fill a small bowl with water beads and encourage pouring, squeezing, or just resting hands. (Note: confirm with parents where they would like their child to have access to water beads as they can be a mess if they get onto carpet and may parents opt for the outdoors).



- Rice sensory bin- Rice can be mixed with different colors, beans, toys, and soft objects.
Rice can be used to sprinkle against different objects to hear different unique sounds.



2 CREATE A SENSORY BOTTLE

Fill a bottle with glue, water, food coloring, glitter, sequins and confetti to create an awesome and calming bottle. Example and ingredients can be found online. Here is one website: <https://littlebinsforlittlehands.com/glitter-jar/>



3 CREATE A SENSORY SWING

The simplest way to do this is to take a large blanket and have two people hold corners while client is inside and do gentle swinging motions. Sensory Swings are also sold online and can be mounted to ceilings.



4 FLOOR RIDES

Best on hard flooring. Place child on blanket and ask them to sit. Take two ends of the blanket and pull around the room. To create variation for more advanced clients, pretend that different areas of the room are different places (stores, jungle, roller-coaster) to encourage creative play.



5 PEAK-A-BOO BLANKET

Have your client lay on the ground and drape a blanket over them. Pull the blanket up using an attention getter (Peek-A-Boo, there you are, I found you). This also can be done with various object, either keeping the object as a surprise, or using it to teach object permanence.

