



MARCH  
2017

# Therakids

Addressing the Needs of Educators and Planting the Seeds of Classroom  
Wellness.

## Creating a Budget Friendly Sensory Area

### Proprioceptive/Vestibular

- Crash pad made from an old duvet cover, filled with large stuffed animals or foam pieces
- Tent or small kiddie pool filled with blankets & pillows for a cozy spot to relax in. Can also be reused by filling with small plastic balls to make a ball pit or cut up pool noodles
- Hippity hop bouncer or an exercise ball if a small trampoline is not available
- Sit n spin
- Phone books taped together to jump, climb or carry
- Sensory steps – cut oval pieces out of cardboard and glue different textures to the front (terry cloth, makeup sponges, fur fabric, loofah netting) for kids to jump on. Make sure to put shelf liner on the back to prevent slipping

### Olfactory/Auditory

- Essential oils on a cotton ball/rice
- Scented play-doh
- Lavender for calming/relaxation, and orange for energizing
- CD player/phone with calming music (white noise)

### Visual

- String lights – tulle can be wrapped around the lights to soften the effects
- Rope lights
- Battery powered candles/tea lights
- Glow sticks
- Lava lamp
- Christmas lights
- Light Bright
- DIY Light table

"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood."

- Fred Rogers

More great quotes at [supersimplelearning.com](http://supersimplelearning.com)



Therakids p.c. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapists assistants and speech-language pathologists. Website: [www.therakids.org](http://www.therakids.org)