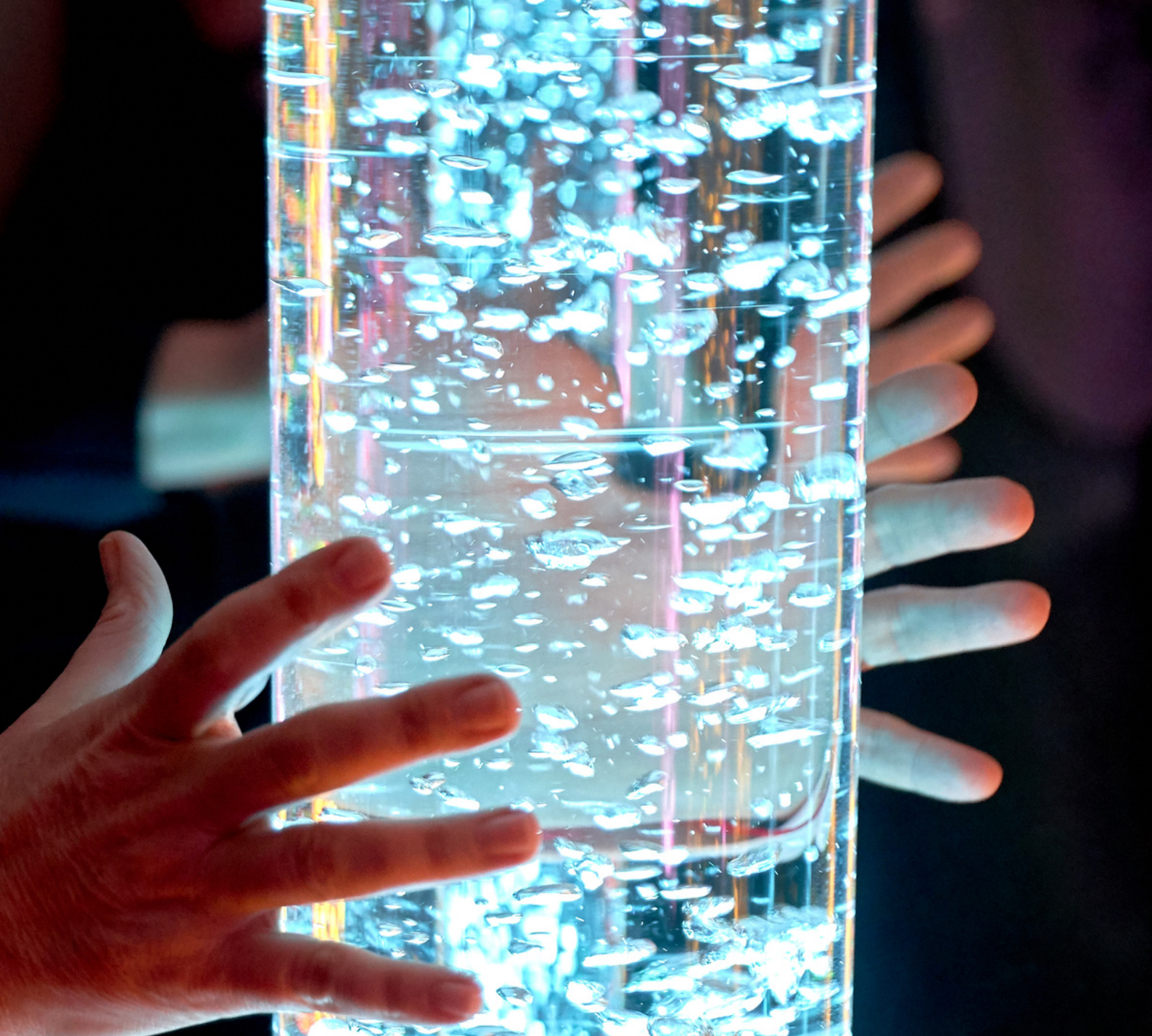




SENSORY

— Cookbook —

DIY Sensory Activities for all Ages



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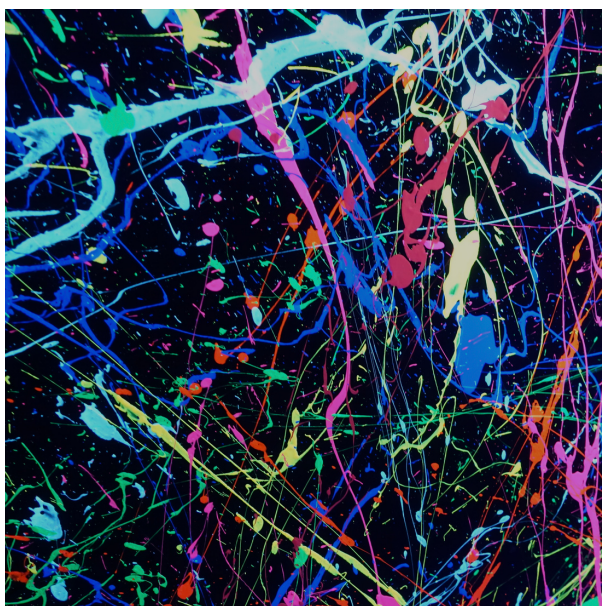
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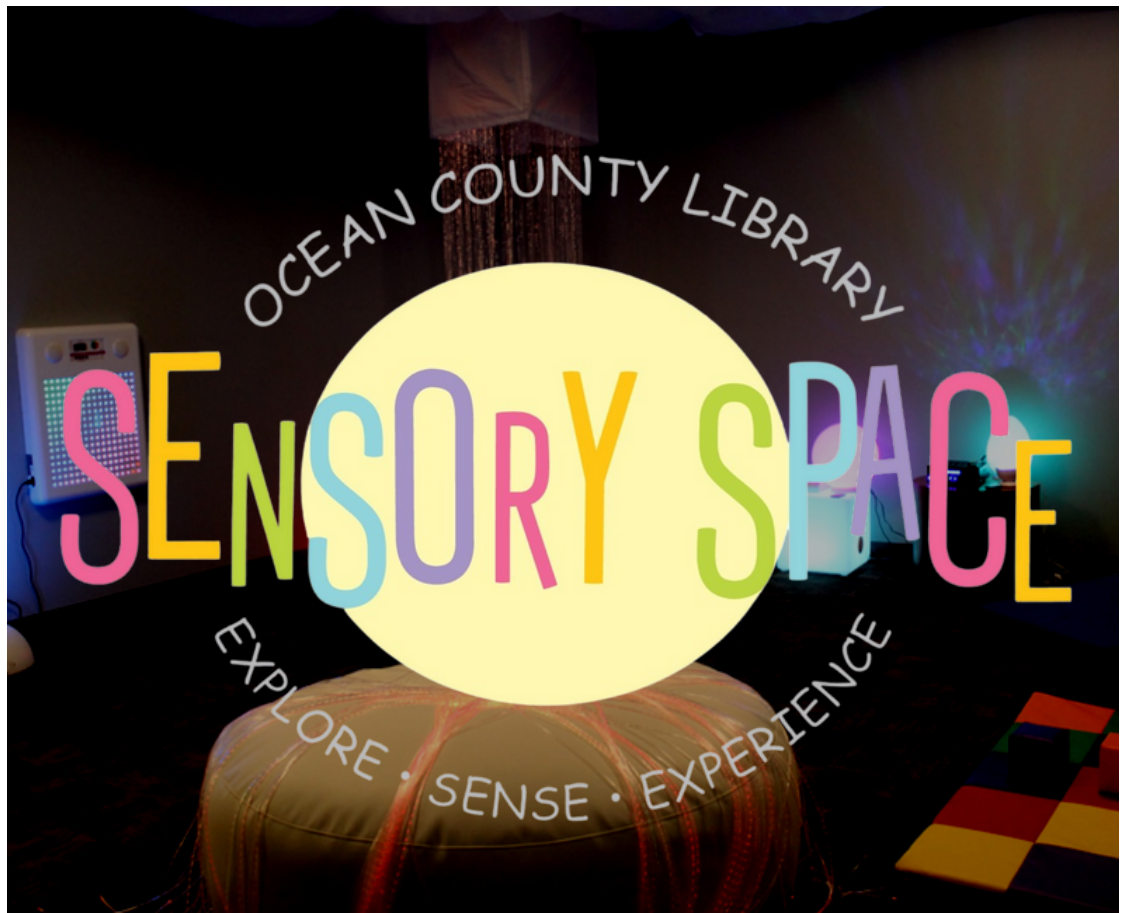
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Joseph H. Vicari

Sensory Space



The Joseph H. Vicari Sensory Space at the Toms River Branch provides a calm, relaxing atmosphere designed to relieve stress and anxiety. The equipment within the Space is visually stimulating, tactile, soothing, and interactive. It is a welcoming space to all members of our community.

Innovative features include:

- IRiS Musical Touch Wall
- IRiS Qube and IRiS Recordable Speaker
- Sensory Canopy
- LED Illuminators
- LED Play Light Cube
- LED Chromatherapy Fiber Optic Softie Sensory Beanbag Chair
- Fiber Optic Color-Changing Light Waterfall
- Vibroacoustic Long Easy Chair
- Colorful Crawley Mat with Matching Cubes

For more information, please visit:
<https://theoceancountylibrary.org/sensory-space>



AUTISM RESOURCES CENTER

<https://theoceancountylibrary.org/autism>

Essential ingredients

Resources for Caregivers

Resources designed to assist both the individual with autism and their caregiver

Autism Resources Fair

The Fair is held in April of each year

Autism Related Library Programs

Check out our calendar of events

Autism Related Library Videos

View our specialized YouTube channel

Autism Related Community Events and Information

Disability rights for the state of New Jersey

AUTISM RESOURCES FAIR

The Autism Resources Fair, founded in 2017, is a yearly event aiming to bring state and local resources to our community members. The Ocean County Library's goal is to provide resources for all ages, caregivers, and educators through programming, speakers, workshops, and more, all provided by experts in the field.

This event is made possible through a generous donation by the Ocean County Library Foundation.

During 2021, our Autism Resources Fair went virtual due to COVID-19. Many of the programs are available on demand via our [YouTube Channel](#).



SENSORY BOARD



Time
60 - 90
Mins

Ingredients

- Scissors
- Hot Glue
- Hot Glue Gun
- Various Textured Items
- Frames
- Utility Knife
- Foam Core

For video
instructions visit
our YouTube
channel:
tinyurl.com/OCL_SensoryBoard



Directions

Begin by laying out the foam core on a flat surface and arrange your frames in a design you like.

Unwrap and disassemble your frames - Keeping the cardboard backing. We will not be using the glass.

Begin gluing your textured items to the frame's cardboard backing.

Reinsert the backing into the frames.

Begin hot gluing your frames to the foam core.

Carefully, using the utility knife, cut off the excess foam core around the frames.

HELPFUL TIPS

- Use caution and care with the hot glue gun and utility knife.
- Be sure to use the sensory board under parent or caregiver supervision if using small textured items.
- In some cases you may need to remove the metal flaps on the back of the frames so they sit flush on the foam core.



Ingredients

- Water Bottle
- Baby or Cooking Oil
- Water
- Super Glue
- Glitter
- Food Coloring
- Beads
- Other Waterproof Items

Sensory Bottle

Directions

Fill an empty water bottle about one-third full with water. This will be the time to add a few drops of food coloring if you would like.

Add in your beads, glitter, or other waterproof items to your bottle.

Add in your oil of choice. This will help the glitter and other items move freely in the water.

Secure the lid using superglue. Use caution and manufacturer guides when applying the glue.



Ingredients

- Water 1 3/4 Cup
- School Glue 1 Cup
- Spoon 1
- Bowls 2
- Borax 1 tsp
- Closed Container 1
- Glitter Optional
- Food Coloring Optional

Directions

In one of the bowls, combine 3/4 cup of water and 1 cup white school glue. Mix the two ingredients together using your craft stick or plastic spoon.

In the other bowl, mix together 1 cup of water and one tsp. borax until both ingredients are combined.

Combine the two bowls as follows. Slowly pour the borax mixture bowl into the glue mixture bowl. Mix well. Soon a ball of putty should form.

Add in glitter and/or food coloring if you'd like.

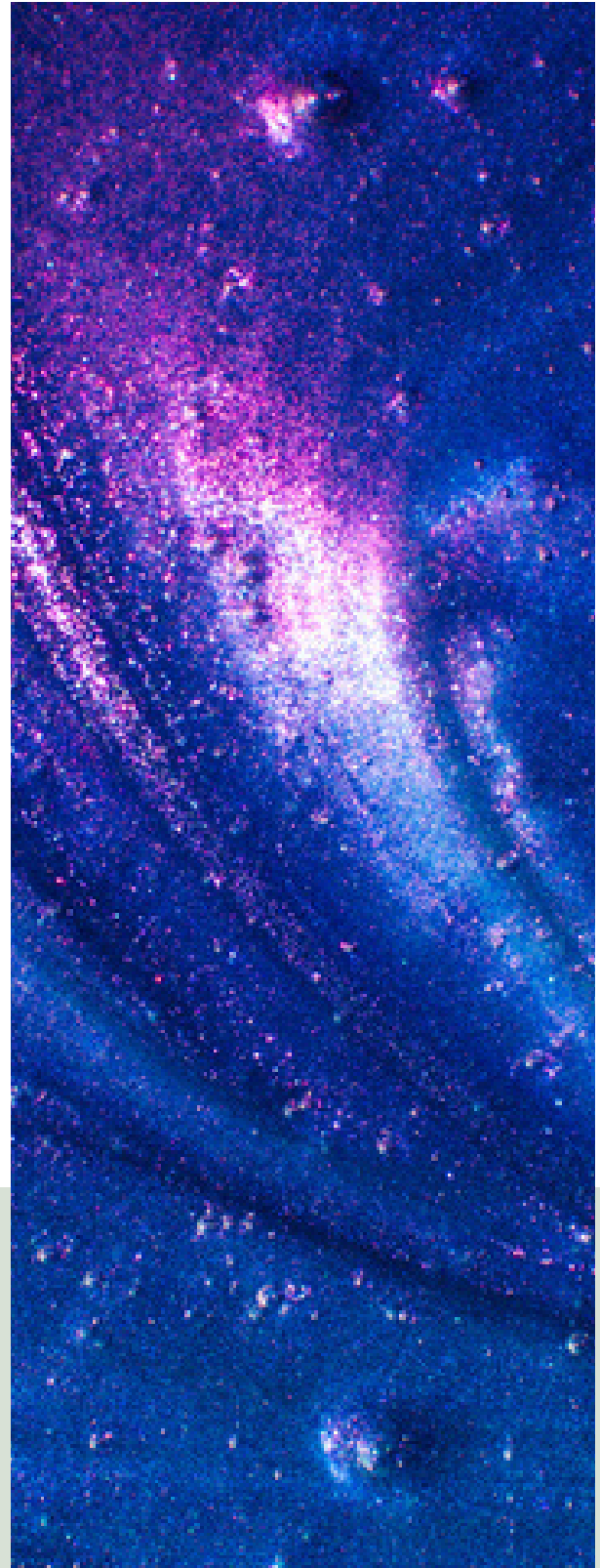
The best part: Use your hands to work the putty and have fun!

Store your putty in an air tight container when not in use.

SLIME PUTTY



Time
30 Mins



“The only place on earth where immortality is provided is in libraries. This is the collective memory of humanity.”

— Temple Grandin,
Thinking in Pictures: My Life with Autism



MARBLE PAINTING



Time
20 Mins

Ingredients

- Container to allow the marble to roll through paint without falling
- Paint colors of your choice
- Marbles
- Paper

“All you need to paint is a few tools, a little instruction, and a vision in your mind.”

— Bob Ross

Directions

Place a sheet of paper in the bottom of your container.

Squeeze spots of paint in random places on the paper.

Drop in marbles.

Move the container in all fun directions to roll the marbles through the paint making fun artwork.

Remove the marbles and paper from the container.

Remove the artwork and allow to dry.

SENSORY BIN



Time
20 Mins

Directions

Determine the filler you will be using for your Sensory Bin. *Use bin filler items that are size appropriate. Small items may be a choking hazard.

Place your items in the bin and mix them around so the bin has varying items scattered throughout.

Set up discovery items (spoons, funnels, paint brushes, etc.)

Enjoy sifting and sorting through the various sizes, shapes, and textures of your sensory bin.

HELPFUL TIP

Sensory Bins can get messy, for easy clean up, place the bin over a disposable tablecloth!

“A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.” –Christopher Reeve

Ingredients

Container with Lid

Bin Filler Options*:

- Rice
- Beans
- Sand
- Shells
- Dry Pasta
- Toys
- Etc.

*Use bin filler items that are size appropriate. Small items may be a choking hazard.

Play Tools

- Spoons
- Funnels
- Paint Brushes
- Etc.



STRESS RELIEF BALL



Time
20 Mins

Ingredients

- Balloon
- Scissors
- Cornstarch, rice or other textured material
- Small piece of tape
- Funnel
- Optional: Marker to decorate balloon

Directions

Blow up the balloon and then deflate it before you start. This stretches the balloon which makes it easier to fill.

Insert the end of the funnel into the balloon. Carefully pour cornstarch or rice into the funnel. Gently, shake the funnel back and forth and tap the side of it to get the flour to go down into the balloon. If the cornstarch or rice doesn't seem to go through the funnel, use a pencil or pen to push it through.

When you have the balloon filled to your desired "squishiness," remove the funnel and tie a knot in the balloon. Try to get the knot as close to the base of the balloon as you can.

Optional: Decorate your balloon with markers.

Visit our
[Teen Health & Wellness](#)
database for more ways to de-stress
with their virtual
"Calm Room"





SHAVING CREAM PAINT SWIRL

Ingredients

- Shaving cream
- Food coloring or paint (food coloring makes for more vibrant colors)
- Cotton swab (or you can use your fingers but gloves are recommended)
- Tray or box
- Cardstock
- Gift card or Credit card

“It is a happy talent to know how to play.”

-Ralph Waldo Emerson

Directions



Time
30 Mins

Apply an even layer of shaving cream to tray or box about the size of the paper and smooth out with hands.

Dot paint or food coloring on top of shaving cream.

Swirl in color using cotton swab or finger.

Press paper on top of swirled colors and lift straight up and off.

Use gift or credit card to scrape away excess shaving cream.

Let dry and display!



PENCIL FIDGET TOY

Ingredients

- Pompoms
- Pipe Cleaners
- Pencil
- Googly Eyes
- School Glue

Directions

Time
15 Mins

Twist the pipe cleaner around the top of the pencil.

Then glue the two pompoms on each side of the top of your twisted pipe cleaner and let dry.

Add the googly eyes.



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SENSORY WALK



Time
Up to you!

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Using your sense of sight:

- Count how many RED things you see.
- Count how many GREEN things you see.
- Count how many BROWN things you see.
- Are there any clouds? Are they moving FAST or SLOW?
- Do you see any birds FLYING?
- Do you see any squirrels RUNNING? Try running in place...fast and slow.
- Do you see any leaves SWAYING in the breeze? Can you sway in the breeze like a leaf?

Using your sense of HEARING:

- Can you hear the RATTLE of leaves moving in the wind? Try shaking your body like a leaf.
- Can you hear the SWOOSH of tall grasses moving in the wind? Try to make a swooshing sound.
- Can you hear any dogs BARKING?
- Can you hear any birds CHIRPING?
- Do you hear any people TALKING?
- Do you hear any motors WHIRRING? Try moving your arms in circles like gears in a motor.

Using your sense of SMELL:

- Can you find three FLOWERS to smell?
- Can you smell anything in the air?

Using your sense of TOUCH:

- Can you feel the WARMTH of the sun on your face?
- Can you feel a COOL breeze?
- Do you feel WET rain drops?

*Here are some things you can touch
(check with your caregiver before touching):*

- A leaf on a tree. Does it feel SMOOTH, BUMPY, SOFT or FUZZY?
- Bark on a tree. Does it feel ROUGH?
- Petals of a flower. Do they feel SOFT, SMOOTH or SLIPPERY?
- Put your fingers in the soil. How does it feel?
- Rocks, bumpy and smooth.



Sensory walks allow you to use your senses to connect with your surroundings. They can be enjoyed by anyone, alone or in a group, you don't need any special equipment and the walks can be any length you like.



YOGA FOR ALL ABILITIES with hoopla



Time
Each Class
Varies

Yoga is not just a type of exercise. In fact, physical yoga poses (asanas) are only one aspect of the practice (sadhana) of yoga. Serious yogis engage in many different types of spiritual practices, including chanting and studying ancient texts. However, yoga is an effective pathway to physical health. Yoga can help you tone and shape your body, regulate your hormones, and improve your skin and memory. Yoga can help increase your resistance to degenerative disease. Its controlled breathing, meditation, and postures even affect brain chemicals--helping people with depression and anxiety disorders--claim experts at the Boston University School of Medicine.

"Yoga." Teen Health and Wellness, Rosen Publishing Group, Inc., February 2020, teenhealthandwellness.com/article/360/yoga. Accessed 19 Nov 2021.

hoopla provides over 1500 eBooks, audiobooks, music, and streaming video on varying types and levels of yoga including chair yoga and yoga for children. hoopla is provided free with an active library card in good standing.





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