

Complete Sensory Toolkit Includes:

- **Weighted Rice Lap Belt (2)**
- **Weighted Blanket (2)**
- **Sensory Bottles (2)**
- **Body Sock (2)**

Lap Belt Instructions

Supplies needed:

- Two long knee-high tube socks
- 5 lbs. of rice
- 2 elastic hair ties
- Optional—elastic hair ribbon

Directions:

- Step 1: Double up the socks for added thickness
- Step 2: Fill the sock with the rice
- Step 2: Tie off end with elastic hair ties

Rationale:

When placed on the lap of a fidgety child, it calms and the constant pressure helps the child focus on other senses, for example, his/her vision, so he/she can read for longer periods of time.

Weighted Blanket Instructions

(OPTION ONE WITH DUCT TAPE)

Supplies needed:

- Duct tape
- Ziploc bags
- Rice (or filling of your choice i.e. dried beans, etc.)

Directions:

- Step 1: Gather your supplies
- Step 2: Measure your filling (ex. 1.25cups of rice in each bag for a total of 5lbs)



- Step 3: Lay everything out to make construction easier. (ex. 9 bags for a 3x3 formation.) Lay one strip of Duct tape, sticky side up, before and after every row of rice bags.



- Step 4: Fold over top of Ziploc bag. Press down on top strip of tape. Be sure you center the bag on the tape. Space bags across to create the first row.



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- Step 5: Affix the bottom of the bags to the next strip of tape. Be sure you center the bag on the tape because the next row will go on the bottom.



- Step 6: Repeat steps 4 & 5 until you have the desired number of rows. Then place a final strip of tape along the bottom of the last row.



- Step 7: Cover the rows of duct tape to seal the “seams”



- Step 8: Finish the border with the vertical strips



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- Step 9: Use the long strips of tape to cover the bags



- Step 10: Flip the blanket over



- Step 11: Repeat Step 9, until completely covered



- Step 12: Fold tape over each side to seal and smooth out the edges, and your weighted blanket or lap pad is done

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(OPTION TWO WITH FABRIC)

Supplies:

- Fleece fabric cut into twice as many squares as your zip lock baggies. Cut 2 inches wider than your zip lock baggies on all sides
- 9 Ziploc bags
- Duct tape
- Rice (or filling of your choice i.e. dried beans, etc.)

Directions:

- Follow steps 1 and 2 above
- Step 3: Duct tape bags shut individually for reinforcement (optional: hot glue them shut instead for optimal results)
- Step 4: Cut tabs around your fleece squares. Be sure they are about 1-2 centimeters wide and 1 to 2 inches long. Make sure your baggies still fit inside the fleece squares!



- Step 5: Place the zip lock bags flat inside the fleece squares
- Step 6: Tie every other tab together to hold the baggies in the fleece squares. Be sure to tie them in a knot twice.
- Step 7: Then line up all your squares in a 3x3 formation. Tie the tabs of the squares that are next to each other. Top to top and bottom to bottom.



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- Step 8: Then tie off all the outside ties. Be sure to tie everything twice.



Rationale:

Weighted blankets are calming sensory tools for kids who have difficulty maintaining focus.

Sensory Bottle Instructions

Supplies needed:

- Plastic water bottle
- Warm to hot water
- Glitter
- Glitter glue and/or clear glue (helps separate the glitter)
- Different colors of plastic jewels

Directions:

- Step 1: Pour warm to hot water $\frac{3}{4}$ full into water bottle
- Step 2: Add glitter, glitter glue and different colors of plastic jewels
- Step 3: Place cap on the water bottle.
- Step 4. Use hot glue or another strong adhesive to adhere cap to bottle.
- Shake. Watch it settle. Enjoy!

Rationale:

Great for kids who need to stay calm and like a visual distraction. Have them stay focused on the glitter or find the different plastic.



Body Sock Instructions:

Supplies needed:

- Spandex (choose color of your choice)
- Sewing machine
- Scissors

Directions:

- Step 1: Use a zigzag stitch to sew the ends of the spandex together so that it forms a loop.
- Step 2: Be sure to reinforce at the beginning and the end of your stitches.



Rationale:

Great for kids seeking appropriate sensory input their bodies need for increased attention to tasks at hand.

Culturally Affirming Photo Book

Note: We are not looking for you to make these. We are looking for donating supplies.

Supplies needed:

- Binder (use student lesson plan binder- create new section)
- Card stock paper (sturdier to hold and glue photos)
- Three hole puncher
- Scissors
- Glue Stick
- Construction paper (variety of colors)
- Photos (from family or taken at PACT family event in beginning of the year or taken at tutoring)
- Markers/Crayons

Directions:

- Step 1: Use three hole puncher to punch holes into cardstock paper
- Step 2: Place cardstock paper into binder
- Step 3: Label and decorate binder as desired.

Rationale:

Visuals that are culturally meaningful help promote parent/child interaction, especially for illiterate parents who do not read or write in English as well as in their native language.