

SENSORY HELPS & HINTS

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Terrariums

To make one plant

Need: 2 2-liter bottles

soil

plant

Cut the top off of one of the bottles. Cut 4" from the bottom of the other bottle. Add 3" of soil to the bottom. Plant 1-3 seeds (plant, flower, or vegetable). Moisten soil. Put top on. Keep in warm place. i.e. window sill. No need to water plant creates its own environment.



SENSORY SOOTHERS

Need; 2 small plastic pop bottles

white karo syrup

plastic glitter and confetti

glue gun and clear hot glue

clear packing tape

Clean and dry bottles thoroughly and remove labels. Fill one bottle with karo syrup and leave 2" from the opening. In the same bottle place 2-3 tablespoons of glitter and 1-2 tablespoons of confetti.

Place hot glue around top of bottle and place other bottle opening on top of the other bottle. Let dry. Hot glue edges around openings to seal bottles. If needed place packing tape around edges for extra sealing. When thoroughly dry move sensory soother back and forth to mix glitter.

Also try beads and glitter without the karo syrup for sound makers.

Sensory / Reminisce Boxes

RED



apples
stop sign
cinnamon
red ball
rubies



hearts
Santa Claus
stripes on U.S. flag
Big red gum
Little Red Riding Hood
robin

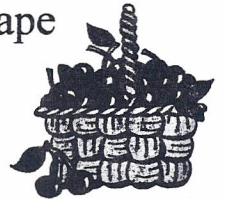
tomato
Red Cross
hot sauce
red velvet
freckles
Redwood forest



Red Square, Russia
fire hydrant
cherries
Red heads
clown nose/wig

strawberries
beets
watermelon
lipstick
fire engine
fire
stop light
brick
devil
sports car
superman's cape

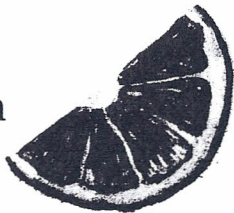
Songs: Red River Valley, Red roses for a blue lady and
Red, Red Robin



ORANGE

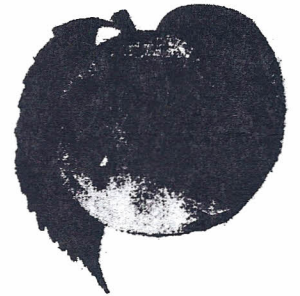


oranges
basketball
cantaloupe
peaches
carrots
orangutan

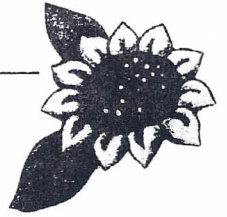


pumpkins
sun
construction cone
tigers
goldfish

candy corn
cheese
orange sherbet
calico cat
Sunkist



YELLOW



school bus
rubber ducky
banana
straw
canaries
daffodils
gold

tennis ball
lemons/lemonade
smiley face
corn
dandelions
blondes
taxi



yield/caution
caution light
#2 pencil
hay
sunflowers
raincoat

Songs: Tie a Yellow Ribbon, The Yellow Rose of Texas and Yellow Submarine

GREEN



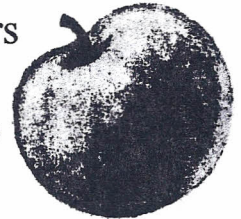
go light
grasshoppers
Christmas trees
Army/ camouflage
limes
moss
slime
The Green Hornet



frogs
money
emeralds
green chilies/peppers
leaves
turtles
peas
putting green



plants
shamrocks
green apples
broccoli
mint
alligators
lizards
avacado



Songs: The green, green grass of home and Green Acres

BLUE



police light
water/ocean
sky
blue bells
Blue Ridge Mountains
Blue Bird of happiness



raspberries
topaz
sapphire
blue jays
Babe the Blue Ox (Paul Bunyan)
Blue Ribbon

racket ball
baby boy
denim/levi's
Little Boy Blue
The Blues

Songs: Blue moon, Blueberry Hill and Five foot two yes of blue

PURPLE

eggplant

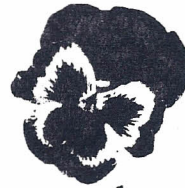


grapes

Purple Mountains Majesty prunes

royalty

violets



Barney

amethyst

plum



Songs: One eyed, one horned, flying purple people eater

BROWN

football



dirt

hershey kisses

brunettes

leather

Songs: Little brown jug

chocolate

chocolate milk

bark

sand

boots



pine cones

fall leaves

nuts

rootbeer

caramel



BLACK

cats

tar

pavement

cows

crows



The Black Hole

coal

Zorro

black out

Song: Black is the color of my true loves hair and Bye, Bye

Blackbird

night

licorice

Black Beauty

zebra

ravens

Magic Markers

watermelon seeds

Black Widow

witches

ink

coffee

tires

jaguar

ebony

tuxedo

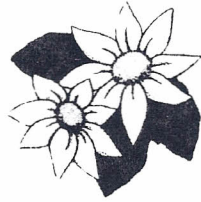
olives

record



WHITE

Weddings
nurses
paper
angels
marshmallows
toilet paper
lab coat
snow
Mary had a little lamb
milk
baby powder
white wash fence



soap
bandages
lilies
ghosts
glue
t-shirt
polar bear
gardenias
Snow White
golf ball
dental floss
picket fence

doves
clouds
teeth
light bulbs
Kleenex
diamonds
purity
vanilla ice cream
eggs
ping pong ball
The White House
White Elephant



Songs: The White Cliffs of Dover and White Christmas

PINK

pink carnations
bubble gum
pink flamingos

baby girl
erasers
pink champagne

blush
cotton candy
pepto bismol



Songs: A White sport coat and a pink carnation.

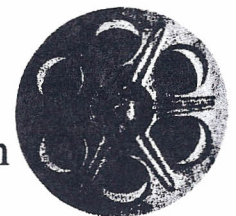
BLACK & WHITE



panda bear
cow
Nun
prison uniform

zebra
news paper
black & white movies
skunk

raccoon
oreos
Dalmatian



ALL COLORS

jolly ranchers
pixie sticks
popsicles
flowers
fingernail polish

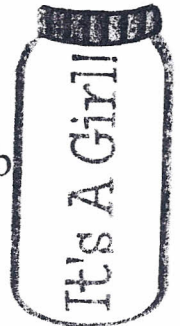
kool-aid
suckers
balloons
tablecloth

jello
colored water
candles
T-shirts

BABY

Pack in diaper bag if available

baby powder	squeaky toy	bottle
cloth diapers to fold	cotton	booties
baby clothes to fold	rattle	blanket
pacifier	baby book	baby bib
baby spoon	Pictures of babies	



KIDS

Works great when grandchildren come to visit

building blocks	puzzles	toy trucks
coloring books	crayons	jacks
baby doll with clothes to change	hobby taw	paddle ball
yarn for cats cradle	pick up sticks	puppets
marbles in a bag		



No Modern toys! Let the residents talk about the toys they played with when they were kids.

TRAVEL

flash light	maps/atlas	camera
travel brochures	postcards	airplane
Pictures of famous places	pass port	boat
car	tickets	credit card
sunglasses	luggage tags	



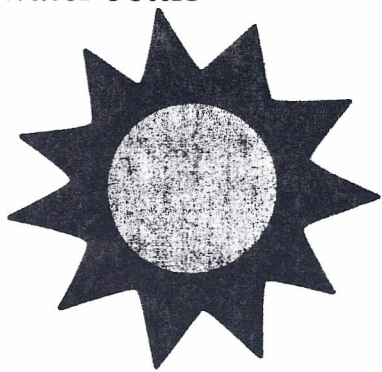
CAMPING & OUTDOORS

pine cones	rocks (rough and smooth)	
sticks	flowers	bark
pictures of wild animals	canteen	tent stake
pictures of mountains and campers	binoculars	s'mores
list of camp songs		



WARM

- | | | |
|---|------------|------------------|
| warm water | washcloths | hot water bottle |
| electric heating pad (warmed up before the visit) | | |
| neck rice bags (see instructions below) | | |
| blankets (warmed in microwave before visit) | | |
| pictures of warm places (Hawaii, Africa, Florida ect.) | | |
| warm beverages (cocoa, tea, milk & coffee) | | |



NECK RICE BAGS, WARMING PADS

You can design your neck bag or warming pads in ant shape you want. A large crescent shape or cotton socks work best. Fill shape with rice so it is loose and flexible. 1 tsp. each of Rosemary and Thyme smells wonderful. 1 tsp. each of Lavender and Flax seed is very relaxing and soothing. Mix with rice thoroughly. Hand stitch your bag closed. Heat in microwave approximately 1 minute. Test to make sure its not too hot for the resident.

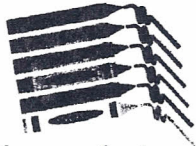
TEXTURE

- | | | |
|--------------|-------------|---------------|
| sandpaper | cotton | silk |
| terry cloth | pine cone | straw |
| gunni sack | rope | bark |
| stickers | leather | fur |
| yarn | carpet | flannel |
| netting | silly putty | scarf |
| water weenie | sponge | koosh ball |
| bath scrubie | spider ball | loofa |
| bean bag | jello | flour balloon |



SCHOOL DAYS

crayons
small
bell
simple math worksheets



pencils
easy reader
red school house

glue
ruler
notebooks



GAMES

notebook & pencil
decks of face cards
Hangman
checkers

uno
rook
Mad libs
timer

dice
tic tac toe
poker chips

SEWING

plastic canvas
ribbons
beads to thread



yarn
patterns
scissors

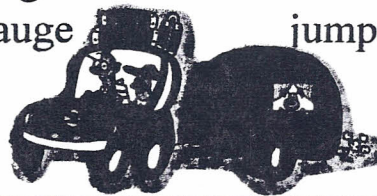
buttons
pin cushion
material

AUTOMOBILES

car models
insurance
window scraper
glove box stuff

drivers license
car magazines
tire gauge

keys
air freshner
jumper cables



BEACH



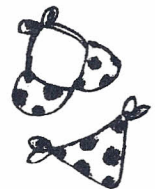
sunglasses
starfish
beach towel
pictures of underwater life
snorkel
The beach boys



shells
beach ball
fake fish
flip flops



sand
suntan lotion
umbrella
beach ball
volley ball



HANDYMAN

Pack in tool box if available

Blocks of different kinds and sizes of wood

large bolts and nuts

sand paper

wrench

Can put tools in box in you are monitoring the resident closely along with radios and small appliances to take apart.

overalls

tool belt

non-toxic white glue

popsicle sticks

wood shapes

GARDENER



Pack in bucket or large plastic pot if available

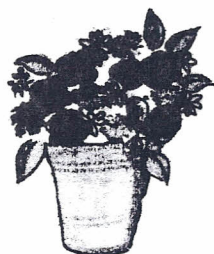
small flower pots

soil

spoon

gloves

sun hat

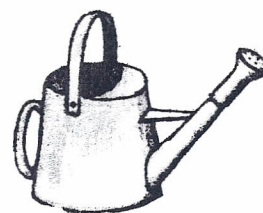


variety of seeds

small dull spade

watering can

pictures of gardens



ARTIST



safety scissors

white paper

water colors

pencils

charcoal sticks

smock



large crayons or colored pencils

construction paper

white glue

eraser

pencil sharpener

beret

VANITY



Pack in cosmetic case if available

small lipsticks

sample make up

curlers

wash cloths



blush

brushes

hair spray

nail polish

eyelash curler

combs

jewelry

magazines

