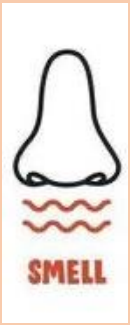
CEBM SENSORY BOX

Providing different experiences via the senses to help the children discover (embrace) their sense of comfort and inner calmness

- Dimming the lights, blinds partway down
- Using flashlights, light-up toys or glow sticks
- Playing nature scenes on the Smartboard (ex. birds singing, waterfalls)
- Lava lamp, sensory bottle/jar with glitter or other substance

- Playing soft music (instrumental or nature sounds)
- Closing the classroom door to block noise from the hallway or noise cancelling headphones
- Using small musical instruments (like bells, maracas, or a mini xylophone)



- Cooking with the children - smells of warm food can be very comforting (ex. apple sauce, popcorn)
- Air diffuser with different smells - some children are sensitive to smells or have allergies. This could be a negative trigger for some.
- Range of hand creams and soaps to smell.
- Scented stickers or scented playdough (lavender, chamomile, peppermint)
- Herbs or dried flowers (like lavender sachets or rosemary)
- Seasonal smells - ex. wet leaves, pine trees.

- Allergies MUST be taken into account with these exploratory activities
- Introduce categories of tastes. You can begin with food they bring from home. E.g. fruit juice (sweet), crackers (crunchy, salty), cheese (squishy, salty)
- Cooking activities can provide new opportunities to try new foods - some children may be reluctant, tread carefully

Note: Each activity should be introduced, experienced and then encourage the children to name what they liked, disliked and name how it made them feel.

This become precious information to help the child get to know what THEY like and WHAT helps them feel good or uncomfortable.

Only when children are able to experience, recognize and name these, can we lead them to naming and managing their emotions and their emotional expressions.

Catherine Korah and Martine Demers, CEBM – Oct 2025

CEBM SENSORY BOX

Providing different experiences via the senses to help the children discover (embrace) their sense of comfort and inner calmness

- Setting-up a Touch & Feel station or Wall of Textures with a wide of items to touch ex. soft, rough, ridged, smooth, crinkly, stretchy, squishy, etc.
- Warm and soft blanket to be wrapped into or a weighted object to help feel more grounded
- Selection of hand creams - scented and unscented
- Sensory bin (with sand or lentils) or sensory bag with hidden items to touch, feel and match together
- Cooking activities - provide foods with different textures - have them experience, describe and name how this makes them feel

- Trying out various slow movements to soft music
- Taking the time to do soft stretching exercises
- Experimenting different yoga positions that encourage slow and calm movements

- Helping the child feel grounded by placing a weighted animal on the lap or on the shoulders
- Trying out simple poses (e.g. standing on one foot, certain yoga poses) to practice balance and grounding
- Removing shoes and socks to feel the ground with bare feet

- Trying out a mindful body scan from head to toe (one body part at a time) and noticing different sensations
- Introducing various breathing exercises (e.g. belly breathing, inhale/exhale variations) with the help of visuals and breathing tracing cards
- Drinking a warm beverage while being mindful of its effect on the body
- Deep pressure exercises (e.g. massager)

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