

# Sensory Bag Video Transcript

Hi, for our Seven Sensory, Intro to Sensory Processing, we'll be making a sensory bag. Our items is a Ziploc bag, gel, pom poms, scissors, duct tape, glitter, expo pens or markers, paper and paper towel to clean up.

First, we're gonna start with our Ziploc bag. Make sure you open up your Ziploc bag and we are going to lay it flat and we're gonna put our gel in our bag. So, just squeeze in your gel. Our gel is colored, so we're not going to add any food coloring.

Now we can add as much glitter as your child or student like, or as much as you would like them to add. I'm just gonna add a little bit of glitter. So, I think that was about four shakes of glitter.

We have three pom poms; we have a red one, a blue one and an orange one. We're just gonna drop them in our bag and gonna lay our bag flat. We wanna make sure all the air is out of our bag and we're gonna seal our bag tight.

From there, we are just going to move our gel around. And we're gonna mix our glitter into our gel. And your student or child can do this. And to make sure that our bag is sealed - and my hands are a little wet and that's why we have our paper towel. You can take duct tape, regular tape or decorative tape and seal your bag. So, I have black duct tape and I'm going to seal the bag to make sure it stays closed.

From here, you will have your child or student explore the sensory bag. Ask them, how does the gel feel on their hands? Is it cool? Is the bag smooth? How does the pom poms feel on their hand? I like to use the palm of my hand and press down on the pom poms. You can actually have the student massage the palm of their hand. You might want to put a little pressure on the back of their hand and give them a little hand massage.

Another activity you can do is to take a white sheet of paper and use the same color marker that your pom poms are and draw a circle. So, I have a blue circle, a red circle and an orange circle. And then lay your bag on top of the paper and then have your student or child move the pom poms into the correct color circle. So, they would take the blue pom pom and move it over to the blue circle with their finger or their whole hand, whichever one works for them. And I'll move the red one to the red circle and the orange to the orange circle. And that could be a little activity, as such.

This is your sensory bag. Enjoy!