

fit Social-Emotional Learning Crafts

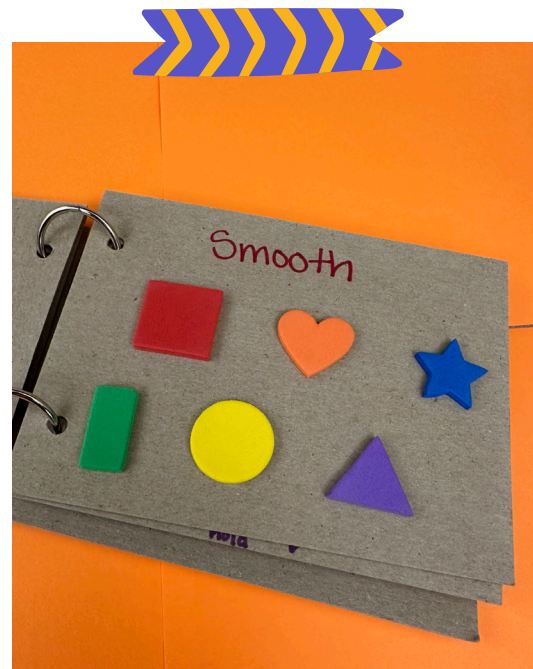
SENSORY BOOK

Education for Kids: Do you ever feel like you're going to explode with anger? Or maybe you feel so scared your tummy hurts? We all get those big feelings sometimes! Like when your friend takes your toy and you want to shout, or when you're worried about going to school and you want to hide under your bed. A sensory book is filled with activities to help you slow down and calm your body and brain. Gather the supplies needed and follow instructions to make one today!



what you need:

- Heavy paper
- Markers
- Scissors
- Hole punch
- Glue
- Sensory items (sandpaper, felt, tin foil, feathers, foam)



INSTRUCTIONS:

1. Write 'My Sensory Book' and decorate the cover page.
2. Each page of your book will be dedicated to one texture.
3. Write the type of sensory item on each page, then glue the connected material to that page. (Words to describe sensory items: smooth, rough, soft, hard, bumpy, fuzzy, squishy)
4. Repeat until your book is complete!

