



# Beat the Winter Blues

Spectacular Seasonal Sensory Project  
Suggested "Starter Kit"



## Winter Sensory Box Fillers

- Large container or Extra Large Ziploc bag – *this is used as your sensory box*
- Pasta
- Rice
- Beans
- Shredded paper
- Fake snowballs
- Round mini balls (winter themed)
- Mini erasers (winter themed)
- Bouncy balls (winter themed)
- Pool noodles (these will be cut to go into the sensory box)
- Wooden blocks

### Other Ideas

- Old puzzle pieces
- Bottle caps
- Jingle bells
- Cloth pieces and/or scraps of fabric

