**Sensory Box**

**Needed:**

* One-on-one supervision from staff to resident.
* Sensory box made by Gabrielle or other small box with a variety of items that smell nice, look interesting, have different textures, and make noise.
	+ The sensory box made by Gabrielle contains the following:
		- Container with a vanilla bean
		- Container with lavender essential oil
		- Picture of a dog
		- Picture of artwork
		- Bubble wrap
		- Bell
		- Wave bottle (made of glitter, food coloring, water, baby oil)

**Reason:**

* Hand and arm motion.
* Sensory stimulation.
* Can provide a calming and comforting effect.

**Directions For Staff:**

* Sit at a table with a resident and ask them to open the box.
* Ask the resident to take out each item one by one.
* Ask the resident to smell the vanilla and lavender.
* Ask the resident to tell you about the pictures.
* Encourage the resident to pop the bubble wrap.
* Ask the resident to ring the bell.
* Ask the resident to shake the wave bottle.