

# Occupational Therapy Newsletter



**H**appy Holidays from the Occupational Therapy department! We understand finding that “just right” item to help calm or alert your child or student with sensory needs might be challenging. A child who is seeking visually stimulating items may not attend long to a toy or item that only gives off auditory (sound) stimulation. To help you find a gift that targets specific sensory needs we have created a Holiday Gift Ideas list (located to the right).

We found a fun and simple activity that is sure to keep little hands busy during the long winter break!

## Holiday Slime



Here is what you will need:

- 2 cups Red Glitter Glue (or your favorite color)
- 1 ½ cups very warm water
- A few drops of peppermint or cinnamon extract (or your favorite holiday scent)

Combine above ingredients into a bowl.

In a separate bowl combine:

- ¼ teaspoons of Borax (found in laundry aisle of most stores)
- 1 1/3 cups very warm water

Once ingredients are mixed, combine both bowls and mix. Continue to mix with hands and the slime will form. If the slime is at all sticky dissolve a small amount of borax in a small amount of water and add it to the slime. TIP: You can also use Elmer’s school glue or any non-toxic child friendly glue and add food coloring.

If you are looking for more winter break activities click [here](#) to see how to make Erupting Snow. Happy Holidays!

## Holiday Gift Ideas

### Vestibular (Movement Seekers)

- Fold & Go Trampoline
- Spiral Floor Disc –Allows spinning while in a seated position
- Hopping Ball
- Indoor or Outdoor swings

### Proprioception (Crashing, Falling, Pushing)

- [Crash Mats](#)
- [Super Skipper](#)

### Oral (Biting nails, grinding teeth, mouthing clothing)

- Create-Your-Own-Chewy Necklace and fidget
- [Instant Slushee Maker](#)- Cold temperature is good for kids who don’t seem to notice food or drool on their face.

### Tactile

- [Bubber](#)- Modeling compound that never dries out and doesn’t stick
- [Space Sand](#)
- [Orbeez](#)- small, non-toxic beads that expand to marble size when placed in water. Squishy fun.

### Visual

- Lava Lamps
- Plasma Ball
- Flashing Neutron Ball
- Oil and water/liquid motor toys

### Auditory

- [Band in a Box](#)
- [Sea Sound Drum](#)
- [Rainbomaker](#)

## Upcoming Events

- **Clinic will be closed December 22<sup>nd</sup> through January 5<sup>th</sup>**

Contact the OT department at (626) 449-2919, ext. 140