

# THE HOLIDAY SENSORY SURVIVAL GUIDE

HOLIDAY 2021

## 2021 Holiday Gift Guide

This year, we challenge you to ditch the traditional gift guide & gift experiences instead!

### 1 GIFT CARDS

- Favorite restaurant
- Trampoline park
- Discovery Center
- Museum / Zoo
- Indoor Amusement Park
- Mini Golf
- Library Card
- Bookstore
- Sporting Event



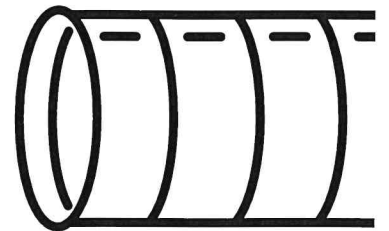
### 2 "THERAPY" EQUIPMENT

- Therapy ball (round / peanut)
- Bosu Ball
- Body sock
- Vibrating animal
- Balance beam / buckets
- Tactile balance discs
- Bilibo
- Large bean bag chair
- Compression Swing or Pod Swing
- Pop up tent & tunnel
- Play dough / Slime kit / Kinetic sand
- Weighted blanket / lap pad
- Mini trampoline
- Ball pit
- Pikler triangle
- Nugget couch



### 3 USE NEW EQUIPMENT FOR:

- Creating a new obstacle course
- Use with preferred games (like puzzles or reading)
- Playing together
- Making memories
- Creating a sensory space in the house



**4****ADDITIONAL IDEAS**

- Wrap gifts in large boxes, with additional weight & newspaper stuffed inside.
- Set up a treasure hunt to locate gifts.
- Share pictures of what can be done with the different types of gifts / experiences.
- Talk about and plan when to go use gift cards - be sure to add it onto the calendar!
- Wrap old, forgotten toys!
- Gift sentimental toys from your childhood.
- Gift donations to those in need / to a local charity.
- Make it an experience.

**5****HOMEMADE GIFT IDEAS**

- Knitted items - watch YouTube to learn & practice. Start with something simple like a coaster or hat.
- Arts & crafts - paint ceramics, draw / color pictures & frame them, paint dish ware, etc.
- Make ornaments - paint & gift.
- Make a photo calendar.
- Bake yummy treats.
- Braid bracelets or make jewellery.
- Check Pinterest for more ideas!