

General Ideas for Creating A Sensorimotor Activity Cart: For people with mild levels of cognitive impairment

The following list is not all-inclusive and some of these items may require supervision for use. Please refer to your facilities guidelines regarding the types of materials approved safe for use within each institution. Age appropriateness and cultural considerations are also important factors to keep in mind when creating your sensory cart or cabinet.

- Rock waterfall
- Sound machine
- Stuffed animals
- Snuggly blankets
- Weighted blankets/weighted vest/weighted lap pad
- Wrist/ankle weights
- Aromas/lotions
- Items to create/decorate a "Self-soothing or Grounding kit"
- Objects to use when practicing "Mindfulness"
- Deep breathing techniques
- Progressive relaxation tapes
- Nature/national parks/under the ocean videos
- Crafts
- Models
- Sewing/knitting/crocheting bins
- Jewelry/beadwork bin
- Art supplies: paint by number, watercolor paints, crayons, markers, colored pencils, pastels
- Collage items
- Mandalas to color/paint
- Karaoke machine
- Create a mini herb garden
- Have a beta or small fish tank
- Fidgets/stress balls
- Playing cards
- Games
- A portable stereo
- CD player with headphones
- Assorted types of music
- A TV/VCR/DVD (kept on the cart if big enough)
- Hot balls/Gum/Lollipops/Sour Candy (individually wrapped)
- Desk top sized lava or bubble lamps

- Knitting, crocheting or latch hook (only for patients who are safe and demonstrate the ability to do these activities and use these tools)
- A basket with seasonal items to explore (in the fall: small pumpkin, Indian corn, cinnamon sticks, gourds, Macintosh scented candles, cinnamon apple scented tea bags, etc.)