

## **General Ideas for Creating A Sensorimotor Activity Cart: For people with moderate 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 a sensory cart or cabinet.

- Basic knitting or crocheting (only for patients who demonstrate the safety and ability to do these activities, and use these tools)
- Assorted large-sized lacing activities
- Assorted Lotions: scented and unscented
- Weighted blanket/ weighted lap pad
- Sound machine
- Assorted laminated pictures to look through, all types
- Lap pads with manipulatives attached
- Bubbles
- Large sized puzzles
- A projector with color &/or scenic slides
- Basic crafts
- Sand paper and assorted pieces of wood
- Material squares to sort and/or manipulate of all different materials (burlap through fleece)
- Coloring/colored pencil activities
- Large sized cross words/word searches
- Small & light weight boom box
- Assorted CDs: classical, 30's/40's/50's tunes, relaxation CDs, national tunes, cultural music, etc...
- Relaxation, humor, sports, & old time TV show videos
- A TV/VCR/DVD - to be kept on the cart if it is large-sized
- Water toys & manipulatives
- Nature/bird/flower/sports magazines
- Clay
- T Foam cubes

- Large print books
- Larger sized playing cards
- Assorted stress balls of all different textures/types (medium to large sizes only)
- Pocket books with pretend check registers/comb/assorted objects for women to sort through
- Plastic plumbing pipe in a bucket to be assembled & taken apart
- Manicure basket with nail files, polishes, lotions (with supervised use)
- Reminiscence items
- Fiber optics (if supervision is available)
- Have assorted posters kept in the cardboard and cellophane packaging to select from and prop in their rooms to look at
- Large sized plastic magnifying sheets
- The daily newspaper
- Hand-held (hand/arm) exercisers
- Sorting and folding activities