


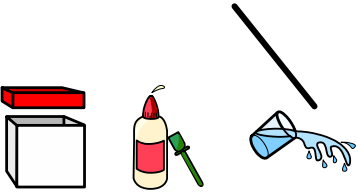
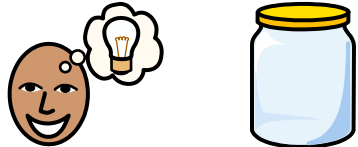

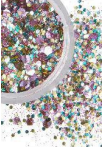



 Make your own Sensory Jars!

	<p>Sensory jars can be fun to make and to use when you want to feel calm.</p>
	<p>You can use jars or clear bottles.</p>
	<p>You can fill them with whatever you like.</p>
	<p>Remember to close the lid tightly, and glue it shut so it doesn't spill</p>
	<p>Here are some ideas for different sensory jars:</p>



For a glitter jar, you can use:

 <p>Water</p>	 <p>Glitter</p>	 <p>oil</p>	 <p>food colouring</p>
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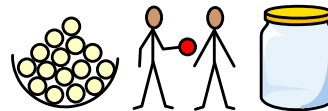
For a scented jar, you can use:

 <p>Grass and flowers</p>	 <p>Spices, like cinnamon</p>
 <p>Coffee</p>	 <p>Vanilla or peppermint extract</p>
  	<p>Do not glue the lid shut, so you can open it and smell.</p>

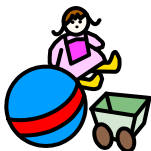



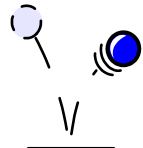


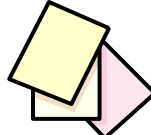



For a noisy jar, you can use:

 <p>Water</p>	 <p>Rice</p>	 <p>Pasta</p>	 <p>Beads</p>
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There are lots of things you can use:

 <p>Small toys</p>	 <p>Dish washing liquid</p>	 <p>Beans</p>
 <p>Shells</p>	 <p>bouncy balls</p>	 <p>Leaves and plants</p>
 <p>Dirt</p>	 <p>Paper</p>	 <p>Buttons</p>






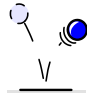





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 Paper	 Shells	 Bouncy balls
 Leaves and plants	 Buttons	 Dirt