

Activity: Bowling

Description: Use old 2 liter bottles and fill them up about a fifth of the way with water and set these up as your pins. Vary between 10 pins and fewer. If needed use a ramp to help roll the ball down to the pins.

Supplies: 2 Liter Plastic Bottles, Ball, Water, Ramp

Location:

Activity: Brain Games

Description: Use the following games to get everyone thinking.

- **Word Search:** Go online and find a word search or a create your own pertaining to a holiday or the time of season it is
- **Crossword:** This is a good substitute for someone who is visually impaired, partner up with a staff to complete. Go online and find a crossword or a create your own pertaining to a holiday or the time of season it is
- **Eye Spy Book**
- **Where's Waldo**
- **Maze:** Find a maze online
- **Checkers**
- **Hangman:** This is a good substitute for someone who is visually impaired. Complete a hangman game with the entire group
- **Matching Game:** Make 6 pairs of cards or more and spread these cards face down across the table. Flip one card over, now flip another one over to find its match. If it's not the match flip both cards back over and let another person go. If it is the match take both cards and go again.

Supplies:

Location:

Activity: Space Jar

Description: Make a sensory jar that looks like a nebula. Fill up a few bowls of water different food coloring in each. Give each participant a small jar and cotton balls. Take the cotton balls and spread them apart. Soak up the colored water with the cotton balls and place them in the jar. Keep stacking the cotton balls with different colors until the jar is full.

Supplies: Water, Food Dye, Cotton Balls, Small Jar, Bowls or Cups

Location:

Activity: Jelly Fish Bottle

Description: Make a sensory bottle that looks like a jellyfish is swimming in it. Cut about a six inch square or bigger out of a plastic bag. Push your finger in the middle of the bag to make a pocket, pour a tiny bit of water in and tie it off with the thread. Now cut the plastic bag down towards the pocket all over the bag to make the tentacles.



Put whatever food dye into a bottle and put the jellyfish inside the bottle as well. Now fill it up with water and flip the bottle back and forth.

Supplies: Plastic Bag, Thread, Scissors, Water, Water Bottle, Food Dye

Location:

Activity: Slime

Description: To make slime pour Elmer's glue in a cup, pour in water about a third of the amount of glue, 2 teaspoons of baking soda and stir together, now put in a few drops of eye contact solution and stir, keep adding contact solution until the slime starts to come off the sides of the cup.

Supplies: Elmer's Glue, Cup, Water, Baking Soda, Contact Solution, Food Dye, Beads, Foam Balls, Glitter

Location:

Activity: Sensory Water Bottle

Description: Fill a bottle with water add food dye and place beads, glitter or pipe cleaners into the water bottle. Add oil to the water to make a bubble effect and open the bottle and put a crushed Alka-Seltzer tablet to make a cool lava lamp effect.

Supplies: Bottle, Water, Food Dye, Beads, Glitter, Pipe Cleaners

Location:

Activity: Sensory Bag

Description: Add hair gel and dye to a plastic bag mix around and add beads or glitter. Duct tape all four sides to seal the sensory bag.

Supplies: Plastic Bag, Duct Tape, Hair Gel, Glitter, Beads, Food Dye

Location:

Activity: Hurricane Bottles

Description: Staff should drill holes into bottle caps beforehand. Duct tape both caps together, add water $\frac{3}{4}$ add dye and glitter to one bottle twist both bottles to the connected caps. Now flip the bottle over and spin in for a hurricane effect.

Supplies: 2 Bottles, Duct Tape, Water, Food Dye, Glitter

Location: