

# Sensory Light Box



## What You Need:

- Large Cardboard Box
- Box knife
- String of clear or colored lights

## What to Do:

- Cut off one side of box
- Cut small holes in the top of the box
- Insert one light into each hole
- Plug lights in

## Activities:

- Use the box as a sensory activity for infants. To enhance the sensory activity you could glue textured materials to the side of the box or add toys.
- For older children you could include a blanket in the box and use it as a quiet place they can go to play or read or just to calm down.

## What I Learn:

- Self-soothing skills
- Sensory experiences