

# Awesome At-Home Sensory Activities

Here's a list of some fun crafts that can be done at home and in the classroom that double as therapeutic tools for sensory needs. If you're looking for something a little more advanced for older kids or for kids who need a craft that will challenge and occupy their attention a little longer, check out this fun Christmas Tree Squishy tutorial from the **[Buggy and Buddy blog](#)**. Look for nontoxic and food-grade products.

**[The Fireflies and Mudpies blog](#)** has a FANTASTIC Holiday Sensory Bottle DIY that you can make with your kids. They give you 3 different types of bottles for different sensory needs - one for kids who need help focusing and busting boredom, one to help energize and engage your child and a third to help calm down those big feelings that come when we are having sensory overload.

Sensory crafts can help our kids on many levels. They work on children's physical and brain development as well as provide an opportunity to cope with overwhelming feelings.

