



Dear Parents,

The holidays are here! Everyone has questions about what would make great Christmas/Hanukkah gifts this season. Well we are here to help! We have put together two lists of suggested activities (a DIY Gift Guide and a Suggested Purchases) and where you can purchase them. Enjoy!

(* These are just a suggested list and we are encouraging you to feel free to look around for compatible items and prices. Please do not feel obligated to purchase from these particular sites.)

The Barrett Staff

Holiday DIY Gift Guide

1. Weighted Blanket



Materials:

- Ziploc sandwich bags
- 5lb rice
- 2 rolls of 20yd duct tape
- Pillow case

How To Make:

1. Fill the Ziploc bags with rice (1.25 cups of rice in each bag -5lbs)
2. 3 x 3 formation of bags is easiest, then measure duct tape, 4 long pieces
3. Attach duct tape to the top and bottom of each bag in the row
4. Do this to both sides, then use the duct tape to cover
5. Put inside a pillow case or create your own cover



**** The proper weight should be 10% of body weight, plus 1lb (i.e. ideally a 40lb child should have approximately a 5lb weighted blanket).***

2. Bath Crayons



Materials:

- One bar Ivory soap
- 4 neon gel food colors
- Small bowls

How To Make:

1. Put soap in microwave on a paper towel for 30 seconds to 1 minutes, until it "explodes"
2. Separate the soap into four pieces, or more if you want more than 4 crayons
3. Place in bowl with a squeeze of food coloring, try to do so while soap is still warm
4. Mix it up and then form to your desired shape

3. Crash Clouds



Materials:

- Two duvet covers that you can buy from a discount store
- Foam cushions scraps that you can buy for CHEAP from a furniture store

How To Make:

1. Fill the first duvet with all the cushion pieces and fasten it.
2. Then place the second duvet covering it so that you can easily remove the outer layer to wash

4. Resistive Tunnel



Materials:

- 6-8 feet of Ribbed cotton, lycra, or bathing suit material
- Sewing machine

How To Make:

1. Use a stretch stitch on your sewing machine and sew the fabric the long way and keep the gap open on both sides about 22"-26" depending on size of your child.

5. Ball Pit



Materials:

- Inflatable pool
- Phthalate free balls (200 for \$42.50 on amazon.com)
- Slide (optional)

How To Make:

1. Fill up inflatable pool with balls.
2. Add slide or bean bag animals for scavenger hunt.

6. Weighted Stuffed Animals



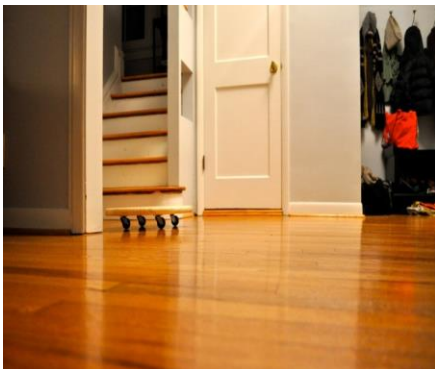
Materials:

- Stuffed animal
- Heavy materials to add weight (washers, beans, small rocks, etc)
- Plastic sandwich bag
- Needle and thread, or sewing machine

How To Make:

1. Use a seam ripper to open up one of the less prominent seams in your stuffed animal. Open up about 1 ½”.
2. Add material to Ziploc bag and close bag. Insert bag into opened seam of stuffed animal.
3. Sew up the opening by hand with animal-colored thread. (whip stitch works well)

7. Scooter Board



Materials:

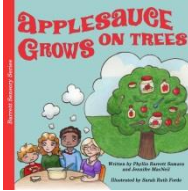
- Two packs rolling casters (sets of four)- preferably ones with rubber wheels (we learned that the plastic ones can scratch wooden floors)
- Two 1×17 3/4 laminated pine rounds (found in the lumber section)
- 32 wood screws
- Drill
- Rope or twine
- Scissors

How To Make:

1. Measure out a length of rope to span the diameter of the pine round and cut to size.
2. Finding the center of the round, drill 1 wood screw just enough to hold the rope. Placing the center of the rope around the screw, place each caster at equal distances from the edge of the round.
3. You can either cut the rope again to the exact length you want to place the casters or you could mark the rope with a marker. Up to you.
4. Place first caster in position and using a small-gauge drill bit, carefully drill shallow holes in each of the four openings on the base of the caster to make screwing it in easier.
5. Drill each wood screw into the base of the caster, alternating diagonally. Do not over-tighten.
6. Repeat step 5 with each caster, placing them at 12 o'clock, 3 o'clock, 6 o'clock, and 9 o'clock on the round.
7. Unscrew the middle screw.

GREAT GIFT IDEAS TO PURCHASE

1. Applesauce Grows on Trees (www.amazon.com) – Barrett's first book in our new sensory series!



2. Trampoline (Walmart.com)



3. Stability Ball (Walmart.com)



4. Weighted balls (Walmart.com, Sports Authority, 5 and Below)



5. Wooden Lacing Beads (Amazon.com)



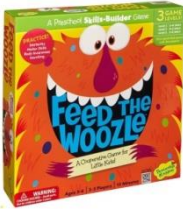
6. Sneaky Snacky Squirrel Card Game (Amazon.com)



7. Learning Advantage 2099 Hammer and Nails (Amazon.com)



8. Peaceable Kingdom / Feed the Woozle Award Winning Preschool Skills Builder Game (Amazon.com)



9. Gymnic Rody Horse (Amazon.com)



10. Gonge Riverstones (Amazon.com)



11. Thinkfun Roll and Play Board Game (Amazon.com)



12. Radio Flyer Ziggle (Amazon.com)



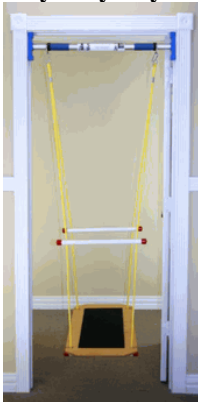
13. ALEX® Toys - Active Play Monkey Balance Board (Amazon.com)



14. Crayola Color Explosion Glow Board (Amazon.com)



15. Playaway Toy Rotary Platform Swing (AdaptiveMall.com)



16. CAMELBAK Eddy Water Bottle, .75 L (EMS.com)



17. Playhut 6-Foot Play Tunnel (Toysrus.com)



18. HedBanz Game (Amazon.com)



19. SPIO (Spioworks.com, or UnderArmour type clothing is comparable)



20. Marble Run (Mindware.com)



21. Super Spin Disc Swing (Mindware.com)



22. Imagination Magnets (Mindware.com)



23. 26-Piece Foam Puzzle Play Mat Letters (Onestepahead.com)



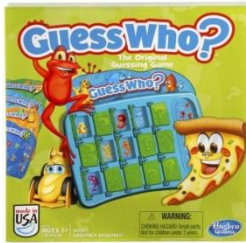
24. Fun Beads Pop Bead Set (Onestepahead.com)



25. Stack Up! Board Game (Onestepahead.com)



26. Guess Who (Walmart.com)



27. Lumino Light Board Toy (Onestepahead.com)



28. Aquarium Lamp (Bitsandpieces.com)



29. Galactic Launcher (Bitsandpieces.com)



30. LED Flashing Gloves (Bitsandpieces.com)



31. Snappy Shark Game (Bitsandpieces.com)



32. LED Rainbow Projector (mindware.com)



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33. 6 in 1 Educational Solar Kits (mindware.com)



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34. Sky Pogo (mindware.com)



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35. Personalized Stoneware (Cptoys.com)



36. Kinetic Sand (walmart.com)



37. Crazy Aaron's Lilac Thinking Putty (walmart.com)



38. Rainbow Glow Dough (walmart.com)



39. Bubber (walmart.com)



40. Silly Putty (walmart.com)



41. Squishy Caterpillar Slingshot (Hoccytron.com)



42. Fun and Function Tactile Ball (walmart.com)



43. Abilitations Weighted Tactile Octopad with Vibrations (toysrus.com)

