

The Mystery Sensory Box

Using a Real Sensory Box

This activity invites children to slow down, focus, and engage their senses by exploring mystery objects inside a special sensory box. It provides a fun way to explore mindfulness through touch, curiosity, and imagination!

How to Play:

1. Create a Mystery Box:

- Find a shoebox, tissue box, or small container.
- Cut a hole big enough for hands to reach inside without seeing the objects.
- Together with the child, pick 3–5 small objects of different textures to place inside.

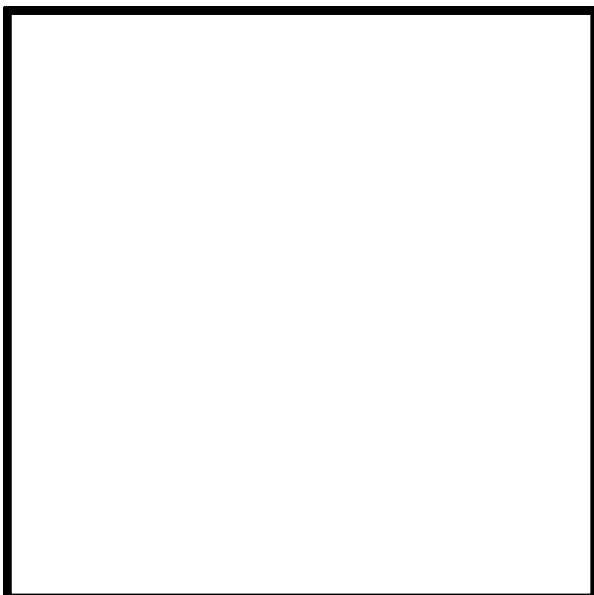
2. Mindful Touch Exploration:

- Have the child reach inside the box, feel an object, and describe it using only their sense of touch (e.g., "It feels soft and fluffy" or "It's smooth and round").
- After guessing, they can pull the object out and see if it matches their imagination!

3. Draw and Describe:

- Use the space below to draw one object they explored and write (or dictate) a few words about how it felt.

Draw it!



How did it feel?

- _____
- _____
- _____
- _____
- _____

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Other Creative Suggestions

Try one of these variations to make the activity accessible and engaging for different children!

👉 Option 1: For Early Learners, Deaf Children, or Sensory-Sensitive Kids

- Use larger objects or items that match the child's comfort level (e.g., soft fabrics, smooth stones, textured toys).
- Encourage them to sign, point, or use gestures if verbal communication is challenging.
- Offer choices ("Does it feel bumpy or smooth?") to help guide their descriptions.

💡 Option 2: For Kids Who Prefer to Imagine Instead of Using a Real Box

- Instead of a physical box, show an illustration of a Mystery Sensory Box on the worksheet.
- Ask: What do you imagine is inside?
- Let them draw a mystery object and describe how it might feel if they were holding it.

Mindful Reflection

After the activity, ask:

- ★ Was it hard to guess what was inside without seeing it?
- ★ Did slowing down and focusing on touch help you notice things more clearly?
- ★ How did it feel to be curious about something new?

