

# Sensory Burrito!

## Ingredients

- One child (or more, taking turns!)
- At least one type of "wrap"; You can use a normal sheet or blanket, a yoga mat, a foil blanket, bubble wrap etc!
- Imaginary ingredients, like imaginary tomato, imaginary cheese etc!

## Instructions

Lay your wrap on the floor, and place your child in it - with their head sticking out! If you want you can add some imaginary ingredients!



Wrap your burrito as tight as the ingredients (your child!) are comfortable with, always leaving the head out! You can un-wrap and re-wrap to add more imaginary ingredients, or change your wrap!

