

Weighted Hedgehog



This weighted hedgehog is so simple to make. A sensory tool you can make extremely quickly and for less than \$10.

Materials:

1. Car-wash-mitten (often found in CVS \$1-4 section or dollar store).
2. Eyeballs (If the sleeve isn't black, you can Sharpie them).
3. Beans/rice/plastic pellets/whatever weighted item you want, double-zipped in high-quality zip-lock.

How to Make:

1. Stick the ziplocked weighted material into the mitten.
2. Put on eyeballs!
3. Sew shut the mouth, or if you are sewing-challenged like me, I first used Velcro until a friend helped me out. It only takes a minute or two.

Uses:

Have the hedgehog sit on their laps or by their side. Stroke the textured surface and feel the (mild) calming weight. I can see this being nice for a child who is resting and wanting to touch something. It's a sensory tool, tactile with texture and proprioceptive with weight.

You could probably also throw it as a form of ball with older children who can handle weight being thrown, to make it more sensory-motor!

*It can be a choking hazard if taken apart, or potential suffocation hazard. Please supervise if used with younger children.

If you make this, please let me know how you like it! You can reach me at karen.dobyns@gmail.com, and also find me at missawesomeness.com. Instructions for this are also at <https://missawesomeness.com/tag/activities/>