

Create a squishy book

Name

Date

To complete this activity form electronically, remember to first **save your file**.
If you need further assistance, see the [Help & FAQs on pdfs](#).

Instructions

Review [Handout 5.3: Examples of Assistive Technology Adaptations](#) about different types of adaptations that can help children with language or physical delays. Then, follow the directions below to create one of the adaptations, a squishy book, on your own.

Some children with language, physical or even sensory challenges seem to enjoy squeezing “squishy” materials such as play-dough, putty, and even their diapers. Squishy books, filled with a variety of appropriate materials, can capture their interest and promote participation in shared reading. Children’s own comments, or simple phrases adults come up with, are written on “sticky-notes” and attached to each page as text.

Directions for Making Squishy Books:

Ingredients:

- Several heavy-duty, freezer-quality, zipper storage bags (1 quart size)
- “Squishy” materials such as alcohol-free hair gel (various colors), hand-lotion (with and without glitter), “gak” (water mixed with corn starch and food coloring), vegetable oil and food coloring, sand, dirt, paper strips, packaging materials, etc.
- Small plastic letters, toys, or objects
- Clear packaging tape

Instructions:

Fill the zipper bag (page) with something “squishy.” Before closing the bag, add small objects like plastic animals and plastic letters that might spell the name of the animal into the bag. Zip the bag shut. After filling several bags, tape the zippered-parts together with packaging tape to make a book. Usually 3-4 pages can be securely taped together.

More ideas for types of squishy books:

Animal food books which are pages filled with different types of animal foods (e.g., dry dog food, dry cat food, bird seed, hay) and the logos/labels from the food containers. You may have to use sample-sized bags of animal food to find a small enough label/logo to put in each baggie with the food.

Breakfast food books have pages filled with different types of cereal along with the labels/logos from the boxes of cereal. It is helpful to use “snack-size” boxes of cereal in order to have the right sized label to put in each bag. White paper strips could also be added as “milk” for the cereal. Puncturing the bags with a needle in several places will help the pages to remain flat.

Activity 5.5a

Sand books have pages filled with sand, seashells, seahorses, and letters to spell these words. Children with visual impairments often seemed to interact more with these books when glitter was mixed with the sand.

Dirt books have pages filled with potting soil, plastic insects, worms, and letters to spell related words.

ABC books have pages filled with a plastic letter and small objects starting with that letter (e.g., B, bug, baby, ball). The pages may also have a fun substance in them like hair gel.

Name books have a page for each letter of the child's name. Each page has a plastic letter and items that begin with that particular letter from the child's name (e.g., page 1—P and pig, page 2-- A and ant, page 3-- T and tiger, page 4-- S and soap, page 5--Y and yellow gel). All pages have different fun squishy substances in them.

