A picture containing text, yellow, diagram, map

Description automatically generated

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| Auditory | Ear outline |
| Visual | Eye outline |
| Touch | Raised hand outline |
| Proprioception | Yoga outline |
| Vestibular | Surf outline |

**Sound Balloons**

* In deflated balloon, fill with material of choice (rice, dried beans, coloured beads, sand)
* Blow the balloon up and tie the end
* Tap the balloon with your hands
* Or tie a rubber band around the tie and hold the rubber band and punch it away using the same hand
* Balloons
* Dried Materials
* Rubber band