



SENSORY PLAY

During School Closure



Children need to move, use their bodies, climb, run and jump. This helps them feel just right for things like sitting down to eat, settling down to sleep. During school closure it is important that all children get time daily to move.

You can do this through:

- Your daily exercise time outside the home – take your child for a walk, let them run (keeping a backpack on them with a chest strap and reins can help you keep them safe when doing this) or if they can let them scoot, ride on a push bike, balance bike or tricycle
- Sensory play at home (see below)

Sensory Play at home:

- Show the child 'sensory play' picture
- Begin the session with 'Hello' song, show 'hello' picture
- Have the activity equipment out in the area and see which the child goes to e.g. if goes to blanket then start with 'row row'
- If child is not directing himself/herself to anything gently guide child to or initiate one of the activities
- Always show child the picture as you or child chooses/starts e.g. "row row the boat" showing child the 'row row' picture
- Having completed activity, place image in finishing box (e.g. tissue box), say "row row is finished" (post picture in box)
- Then redo for another 1-2 activities
- End the session with 'Goodbye' song, show 'goodbye' picture

Activities:

Activity 1 – ‘row row’ (blanket swing):

- The child sits in blanket, 2 adults hold it (if you don't have 2 adults you can tie a sheet to the side of a large dining table or make a swing on the underside of the table – see pictures below)
- Swing child gently side to side
- Sing “row row the boat” (pause at points and start again once the child gives verbal/non-verbal prompt)



Activity 2 – ‘zoom zoom’ (big ball bounce and crash on bean bag or large cushion – sofa cushions work well):

- Place the child sitting on the ball, holding them at their hips
- Bounce rhythmically up and down
- Sing “zoom zoom” (pause at points and start again once the child gives verbal/non-verbal prompt)
- At ‘blast off’ crash child onto beanbag and give child a big squash with the ball



Activity 3 – ‘sleeping bunnies’ (big ball squash):

- The child lies on their tummy
- Using gym ball roll it up and down child's body applying deep firm pressure
- At point of ‘hopping bunnies’ you can jump up and down together holding hands (or put child on a trampoline and help child jump holding hands)
- Sing “sleeping bunnies” (pause at points and start again once the child gives verbal/non-verbal prompt)



Activity 4 – ‘hot dog roll’ (blanket wrap and ball squash):

- The child lies on their tummy on blanket head out the top
- Roll child in blanket to wrap up tight like a ‘hot dog’
- Using gym ball roll it up and down child’s body applying deep firm pressure



Activity 5 – ‘squash’ (beanbag/cushion squash):

- The child sits on beanbag/cushions
- Using another beanbag/cushions squash child firmly
- Say “ready, steady.... go” (pause before go and say “go”, start again once the child gives verbal/non-verbal prompt)

Activity 6 – ‘jumping beans’ (trampoline or bed jump):

- The child stands on trampoline or bed (can hold your hands if needs support)
- Jumps up and down, you support as necessary
- Sing “jumping beans” (pause at points and start again once the child gives verbal/non-verbal prompt)
- At point of ‘you can jump so high, you can almost touch the sky ’ you can support child to jump off onto e.g. large cushion or beanbag

Activity 7 – ‘earthquake’ (tunnel):

- The child crawls through tunnel (you can put toy with pieces at one end that child has to collect going through the tunnel for each turn)
- As child moves through tunnel you can roll tunnel side to side making an ‘earthquake’ (go at child’s pace i.e. if likes movement go fast, if unsure go slow or leave until more able to accept movement)

Activity 8 – ‘squeeze’ (deep pressure with hands):

- The child lies on their back
- Folding their legs to chest give a squash and or use your hands to give deep firm pressure down the sides of child’s arms and down the sides of the legs (using flat hands, no ‘prickly’ fingers)

Activity 9 – ‘horsey horsey’ (kids rocker/rocking horse):

- The child sits on rocker
- Child rocks and/or adult rocks the rocker
- Sing “horsey horsey” (pause at points and start again once the child gives verbal/non-verbal prompt)
- At end of song crash child onto beanbag or big cushion and give child a big squash

Activity 10 – ‘wheels on the bus’ (wash basket / box)

- The child sits in washing basket / box
- Adult pushes child around quickly
- Sing “wheels on the bus” (pause at points and start again once the child gives verbal/non-verbal prompt)

Activity 11 – ‘wishy washy’ (ball pond balls in a single duvet cover):

- The child sits in the balls in the duvet cover
- Adult, holding the duvet cover on either side can rock it side to side (can faster if child is happy for you to do so)
- Sing “wishy washy” (you can make up a song) (pause at points and start again once the child gives verbal/non-verbal prompt)

Activity 12 – ‘jelly on the plate’ (lyrca or hammock swing on chin up bar):

- The child sits in lycra/hammock swing that you can tie on to a chin up bar mounted on the doorframe (support them to climb in and out and if they cannot you can lift them and put them in)
- Swing the child rhythmically side to side
- Sing “jelly on the plate” (pause at points and start again once the child gives verbal/non-verbal prompt)



Activity 13 – ‘row row the boat’ (large trug on chin up bar):

- The child sits in large trug/bucket that you can tie on to a chin up bar mounted on the doorframe (support them to climb in and out and if they cannot you can lift them and put them in), put lots of cushions underneath e.g. sofa cushions are good
- Swing the child rhythmically backward and forward
- Sing “row row the boat” (pause at points and start again once the child gives verbal/non-verbal prompt)



*NOTE: use all homemade swings with caution, ensure child is supervised at all times and you support the swing, ensure cushions are underneath in case of child or swing falling



row row the boat



zoom zoom zoom



sleeping bunnies



hot dog roll



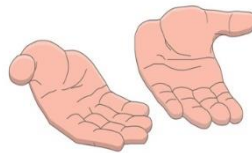
squash



jumping beans



jumping beans



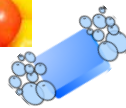
squeeze



horsey horsey



wheels on the bus



wishy washy



earthquake



jelly on the plate



row row the boat

