

SENSORY PLAY

During School Closure

My sensory play is a list of activities, specifically designed for me that I can do regularly throughout the day. To help me cope with stimulation from the world around me, to either wake me up or calm me down so I am in just the right state from playing, learning, concentrating and carrying out my daily activities such as eating or sleeping.






During school closure it is important that all children get time daily to move, please help me to use my sensory play during the day.

You can do this through:


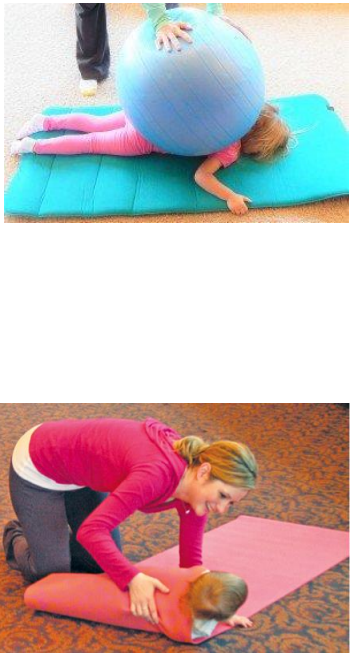
- Your daily exercise time outside the home – take your child for a walk, let them run (keeping a backpack on them with a chest strap and reins can help you keep them safe when doing this) or if they can let them scoot, ride on a push bike, balance bike or tricycle
- Sensory play at home (see below)

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

	ALERTING ACTIVITIES (to wake me up)	
Jumping <i>This also helps increase my awareness of my muscles and joints</i>	<u>Jumping beans</u> (trampoline or bed jump): <ul style="list-style-type: none"> - 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 	
Bouncing <i>Having the head out of midline stimulates the vestibular system</i>	<u>Zoom zoom</u> (big ball bounce and crash on bean bag or large cushion – sofa cushions work well): <ul style="list-style-type: none"> - 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 	
Blowing <i>Oral motor stimulation</i>	<u>Blowing activities</u> <ul style="list-style-type: none"> - Blow bubble in the bath or in a container using a straw. Add food colouring to the water to make it more interesting. - Take a ping pong ball and propel it over a carpet/floor by blowing air onto it through a straw. Hold a race to see who can make it move the fastest. - Blow up balloons and use in overhead slapping games. - Harmonica’s, Kazoos, blowing instruments - Blow windmills - Blow Pens- great for practicing letter formations and giving oral-motor input! 	  

	ORGANISING ACTIVITIES (to help me focus)	
Tactile feet <i>Stimulation through the feet can be very intense so start slowly</i>	<u>Tactile feet ideas:</u> <ul style="list-style-type: none"> - bare feet on artificial grass, sand, dried lentils, crisp autumn leaves, shaving foam - tactile balls - foot massage - vibrating cushion under feet - tactile stepping stones (can be part of an obstacle course) - 	
Tactile hands <i>Light/ tickly touch can be irritating. Don't draw attention to any mess, and to increase tolerance don't wipe it away immediately</i>	<u>Messy play ideas:</u> Start with dry items and gradually start introducing wetter items over 2-3 weeks- <ul style="list-style-type: none"> - messy play (sand, water, finger paint, dried lentils, rice, shaving foam, jelly) - play dough (pinching, poking, pulling, squeezing, finding hidden objects) - touch feely box, feel inside to guess the objects 	
Rolling	<u>Rolling ideas:</u> <ul style="list-style-type: none"> - rolling like a log, this is more intense with arms stretched above the head - over a therapy ball - over a barrel 	
	CALMING	
Swinging or rocking in a linear direction	<u>Swinging/rocking ideas to try.....</u> <ul style="list-style-type: none"> • <u>over the therapy ball</u> • <u>in the playground</u> • <u>in a hammock</u> • <u>Row row (floor sitting):</u> -Holding child's hands and moving slowly backwards and forwards whilst singing "row row the boat" (pause at points and start again once the child gives verbal/non-verbal prompt) 	 roll over ball   row your boat

	<ul style="list-style-type: none"> • <u>Row row (blanket swing):</u> <ul style="list-style-type: none"> -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) 	
<p>Squashes and squeezes <i>Firm, constant pressure</i></p>	<ul style="list-style-type: none"> • <u>Sleeping bunnies (big ball squash):</u> <ul style="list-style-type: none"> -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) • <u>Hot dog roll (blanket wrap and ball squash):</u> <ul style="list-style-type: none"> -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 • <u>Squash (beanbag/cushion squash):</u> <ul style="list-style-type: none"> -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) • <u>Squeeze (deep pressure with hands):</u> <ul style="list-style-type: none"> -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) 	

***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**

SENSORY PLAY VISUALS

*Print out and cut out

*use visuals to support your child's understanding of sensory play activities

 <p>row row the boat</p>	 <p>zoom zoom zoom</p>	 <p>sleeping bunnies</p>
 <p>hot dog roll</p>	 <p>squash</p>	 <p>jumping beans</p>
 <p>jumping beans</p>	 <p>squeeze</p>	 <p>row row the boat</p>
 <p>messy play</p>	 <p>blow</p>	 <p>tactile feet</p>

 <p>roll</p>	 <p>hot dog roll</p>	 <p>roll over ball</p>
 <p>sensory play</p>	<p>hello</p> 	<p>goodbye</p> 

If you would like help using the above therapy ideas at home, please do contact:

By phone: During the school closure period, please call us on our central number at the Northern Health Centre: 0203 316 1892.

By email:

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