**Let’s Make Sense Together; Sensory Activity Record Teenagers.**

These activities can be done at different times during the day. Just pick one or two that work best at the moment.

* They help young people with movement skills and feeling calm if their senses feel different.
* Some activities can be done in the classroom, while others need a bigger space.
* Always make sure the space and equipment are safe before starting, and check that it’s okay for the person to do the activity.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Further instruction** | **How does it feel/is it helpful?** | | |
|  |  | ☺ Good | 😐 Ok | ☹ bad |
| Slow rocking | e.g. rocking movement on a gym ball |  |  |  |
| Identify a smell that you like and place on a scarf or sleeve etc – this can be calming but also mask out bad smells too. |  |  |  |  |
| Press ups, chair press ups or wall presses (make sure feet are flat on the ground and movement is coming from bending elbows) |  |  |  |  |
| Wearing a backpack when walking in the community |  |  |  |  |
| Pilates plank exercise - the child lies in prone on the mat, comes up onto their forearms and onto their toes, forming their body into a ‘plank’ |  |  |  |  |
| Using stretchy TheraBand activities – see below |  |  |  |  |
| Use of gym type equipment (under supervision) | Rowing machine  Light weights  Cross trainer |  |  |  |
| Walking |  |  |  |  |
| Running |  |  |  |  |
| Rolling or sitting on a gym ball or peanut shaped gym ball (these can be a little more stable than the round ones) |  |  |  |  |
| Rolling forwards and backwards on a gym ball |  |  |  |  |
| Laying on back with legs on gym ball as shown rolling from side to side |  |  |  |  |
| Stretching using small weights/ using small water bottles |  |  |  |  |
| Theraband activities – completed under supervision  (always store in a safe area) |  |  |  |  |

Please note; The original document may have been adapted by others to support a child or young person’s needs.

Scan the QR Code watch our series of videos to show some of these activities and help with understanding a child’s sensory processing differences.

