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

**Fun Activities to Try**

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 |
| Apply deep, steady pressure to the child’s shoulders | Adult pushes down on child’s shoulders and releases |  |  |  |
| Prayer pushes – repeat 5 times | push hands together in a prayer position, hold to count of 5 and release |  |  |  |
| Pushing down on the table top or sides of chair – repeat 5 times | Press down on sides of chair with 2 hands or table, hold for 5 and release |  |  |  |
| Hand crawls | Make hand like a spider and crawl across the table or a long scarf and scrunch it into hand |  |  |  |
| Tucking legs up and squeezing | Whilst lying on back curl up holding legs to chest with arms |  |  |  |
| Slow rocking | e.g. rocking movement on a gym ball |  |  |  |
| Lavender scents or scents the child likes | e.g. aftershave on a piece of fabric, sweatband or toy |  |  |  |
| 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’ |  |  |  |  |
| Jumping, on the spot, star jumps, from spot to spot |  |  |  |  |
| 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 |  |  |  |  |
| With child laying on their tummy on a mat, gently roll the ball giving some pressure to arms and legs |  |  |  |  |
| Stretch against lycra (dance/movement bag) |  |  |  |  |
| Stretching using small weights/ using small water bottles |  |  |  |  |
| Crawling under blankets |  |  |  |  |
| Stretching/squashing putty or playdoh |  |  |  |  |

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

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

