**Let’s Make Sense Together; Sensory Activity Record Younger 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 kids 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 child 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 |  |  |  |
| Lifting and lower a hoop over the body |  |  |  |  |
| 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 |  |  |  |
| Sucking and blowing activities such as: | * Sucking water bottles through sport bottle tops * Sucking items using a straw to transfer them from one container to another * Sucking drinks through several straws at once or one narrow cocktail straw * Blowing bubbles using a straw * Blowing musical instruments * Blow football using cotton wool balls or feathers |  |  |  |
| Playing games whilst in 4 point kneeling |  |  |  |  |
| Jumping on trampet |  |  |  |  |
| Wearing a backpack when walking in the community |  |  |  |  |
| Wrapping the child tightly in a blanket or rolling the child up in the blanket to make a ‘hot dog’ |  |  |  |  |
| Tug of war with stretchy fabric |  |  |  |  |
| Stretch against lycra (dance/movement bag) |  |  |  |  |
| Stretching using small weights/ using small water bottles |  |  |  |  |
| Crawling under blankets |  |  |  |  |
| Stretching/squashing putty or playdoh |  |  |  |  |
| Rolling or sitting on a gym ball or peanut shaped gym ball (these can be a little more stable than the round ones)  Singing a marching song |  |  |  |  |
| Rolling forwards and backwards on a gym ball  A Peanut shaped ball can be more stable |  |  |  |  |
| Laying on back with legs on gym ball as shown rolling from side to side  A Peanut shaped ball can be more stable |  |  |  |  |
| Exploring sensory based toys, different textures, squashy balls, etc. |  |  |  |  |
| Jumping, on the spot, star jumps, from spot to spot |  |  |  |  |
| Marching – heavy and light steps, big and small movement |  |  |  |  |
| Obstacle courses to include any activities from above | Other ideas:   * Crawling along * Climbing over things * Throwing a bean bag at a target * Spot to spot walking or jumping * Rolling * Marching * Animal walks |  |  |  |

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.

