

### Other suggestions:

When going shopping:  
Wear a rucksack. Not too heavy!  
Help to carry the shopping bags.

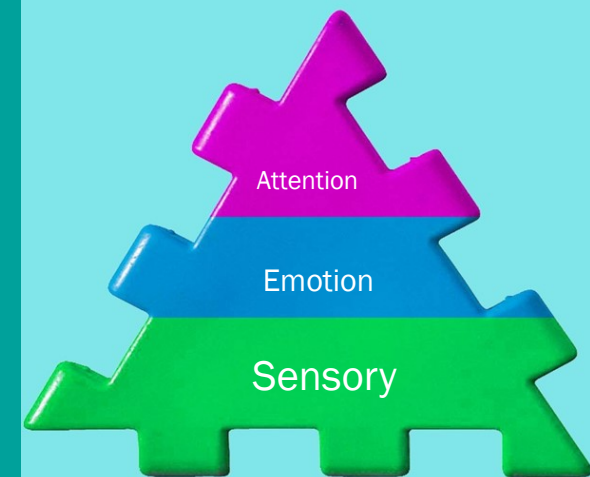
If your child does not like the sensory aspects of washing or bathing try:  
Wrapping tightly in a towel before and after the bath.  
Briskly rub your child.  
Rub face with a flannel before washing

For older children also try gym exercises, such as squats, lunges, the plank, sit ups, gym ball and weights.

Some of these activities will be more suitable for certain children. You know your child best. Go with what they enjoy, but return to the calming activities if your child is getting over excited!



## Sensory Strategies in the Home



Specialist Teaching

## Sensory

Everyone has a sensory profile, with different preferences. Some of us love roller coasters, others of us hate them with a passion. Some of us get car sick while others don't. Some of us need to be wrapped up tightly with the duvet to sleep, others only want the lightest of sheets.

Most of our brains can take the sensory information from our bodies and use this so that we feel in a good place to interact with the world and behave in expected ways. However, for some of us this processing of the information in our brains works in a different way, which can lead to us being extremely active, bouncing off the walls, or getting very frightened by situations or finding it very difficult to get going. Therefore, some children need more

- sensory input for their sensory systems to recognise it, or
- more sensory input to 'wake up' their sensory systems or
- targeted sensory input to support over reaction in their sensory systems.

We focus sensory activities around three senses, the vestibular (movement and balance), proprioceptive (heavy muscle work and body awareness) and tactile (touch) senses, as these are the foundations for how our brain receives and processes sensory information so that we can do the things we need to do in our everyday life.

## Sensory activities to try:

### Heavy muscle activities:

The following activities will be calming to most children:

- Help with household chores:
  - Hoovering
  - Watering the flowers using a heavy watering can filled with water
  - Digging in the garden
  - Carrying the shopping
  - Loading and unloading the washing machine
- Use a straw for drinks. The wiggly ones that encourage effort in sucking are the best.
- Playdough / slime
- Tug of war
- Chair or wall push ups
- Hanging from a bar
- Firm massage, either with hands or massage tools

Proprioception  
(body awareness)



### Movement activities:

These movement activities will tend to be more alerting for children:

- Pogo Stick
- Trampoline
- Skipping rope
- Blowing bubbles in the garden
- Play hopscotch
- Hanging upside down
- Cartwheels

Vestibular  
(balance)



Spinning around in circles  
Jumping jacks  
Bunny hops

### Physical activity:

General physical activity is always good:

- Cycling
- Scooter.
- Swimming.
- Running
- Playpark. Swings, zip wire, roundabout, see saw, slide, hanging on monkey bars.

