

### Sensory exploration activities

Being in the garden—focus on things you can see, smell, touch.

Make a song about the different senses you can experience in the garden.

Play games in the garden—encourage peers to join in

Make giant bubbles - water & washing up liquid—use a hoola hoop or a large like object to create the bubbles

### Self help and independence

**Brushing teeth**—allow students to explore the smell of the toothpaste, the feel of the brush on the backs of their hands, their cheeks, in their mouth. Encourage them to brush their teeth as independently as possible.

**Washing face**—allow students to explore the feel and smells of face washes, make a choice of which they would like to use. Complete face washing routine as independently as possible.

**Brushing Hair**—allow students to explore the feel of the brush on their hands/ arms. Let them experience the feel on the brush on their hair. Encourage them to brush their own hair independently, students can progress to brushing someone else's hair

**Getting dressed**—allow students to help with getting dressed, offering limbs, putting on/removing items independently where possible. Encourage students to carry out the process independently where possible.

### Fine/gross motor skills

**These activities allow students to develop skills and independence**

Transferring items from one hand to another.

Picking items out of one bowl and transferring it to another bowl

Ball work—moving a ball/balloon between hands/feet

Threading—laces/string in a sieve, buttons on string

Using a zip / fastening buttons

Using a spoon/fork to pick up food

Tracing over letters

Pegging (washing pegs) - peg onto clothes/ colour matching/ number matching

Pairing socks—allow students to find matching socks

Pouring water from one cup to another

Painting



### Sensory massage / Sensory stories/ websites

<http://www.greenside.herts.sch.uk/Creative/SensoryStories/SensoryStories.html>

<https://www.ianbean.co.uk/>

Gloop—cornflour and water—<https://www.youtube.com/watch?v=bdcC5ASP7nw>

Chair yoga—<https://www.youtube.com/watch?v=KEjiXtb2hRg>

### Art

Finger painting

Foot print painting

Garden art—using things you find in the garden

Papier mache