

## Sensory activities



- DIY Sensory bags

<https://www.craftsbycourtney.com/how-to-crafts/create-a-colorful-glitter-and-gel-sensory-bag/>

- DIY coloured and scented salt



<https://joyfulbunny.com/how-to-make-colorful-scented-salt-tray-easy-sensory-activity/>



- DIY touch and feel frames

Use old frames or get new ones if you can and fill them with different textures to be explored with different parts of the body. Don't forget about bare feet!



- Ice melting activities

Google ice activities and a variety of ideas comes up. The picture shows lemon and lime ice activities yellow colouring and bottles lemon juice and green colouring and bottled lime juice have been mixed together and frozen. This will enable your child to develop their sense of touch and smell.

Items can be added to ice to encourage further exploration such as flowers/ plants/ coins etc.

## Physical / self help activities

- Bowling activities – you can use empty bottles or empty pop cans as the pins and any ball. You may need to improvise a ramp, perhaps a half piece of guttering.



- Posting / passing activities – set up a target and get your child to throw items at it. If you have a ball or object that makes a sound, even better! You can use crumpled up tin foil and get your child to throw it into a bucket/ bowl. Posting activities can be adapted to focus on colour matching, size matching, shape sorting, more fine motor practice by using a smaller space to post through.



- Practice getting dressed– focus on arm movements and leaning forward when possible. Practice lifting your arms when presented with a jumper/ t shirt. Do the same with socks and shoes, encourage leg movements towards socks/ shoes.
- Get your child out of their chair with bare feet. Offer different textures to explore with hands and feet such as: cut grass, warm bubble bath water, crunchy cereal, shaving foam etc.
- Keep up with brushing teeth, twice a day if you can, and build up the tolerance to having your teeth brushed.
- Encourage your child to look in the mirror if possible and give them a brush or comb, support your child to brush / comb their hair. If this is not possible, spend time with them brushing their hair yourself or styling it in a different way.

## Massage / music

- Tacpac <https://www.youtube.com/watch?v=6xBhMd20vyE&list=PLmq8fSvt2SPxqpegTF4mNB0Vg35XExL5w> you will need: a fan, can be paper, spatula, clean mop head, clean pot scourer, scented oil or cream
- Play the music and follow the instruction below to use each object to match a unique piece of music. There are 6 objects to use and the youtube link should play 6 pieces of music. The link also shows the tacpac session being carried out so you can watch to get a better idea of how it works.

1: **FAN** over body

Blow skin with long and short breath

2: **PAT SPATULA** over body with definite but not abrupt movements

3: **FLICK** with quick movements using mop

4: **SQUASH** scourers gently onto body

5: **KNEAD** oil hands grasp and squeeze muscle areas

6: **Relax** and listen to the music

- Soundabout <https://www.facebook.com/SoundaboutUK/> Live singalongs on Tuesday and Saturdays at 2pm through facebook.

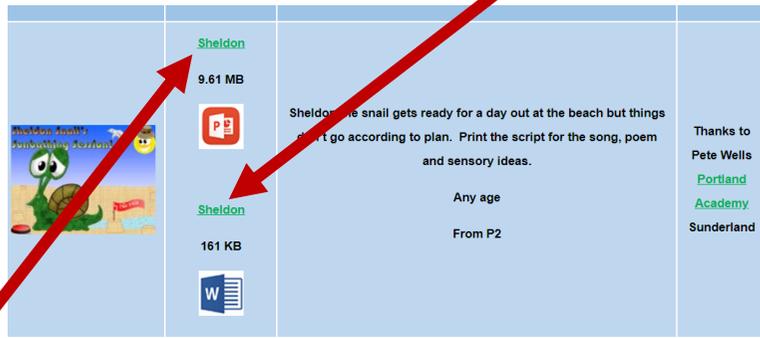
What is soundbout? <https://www.soundabout.org.uk/about-us/our-story/>

- Big Top Music– Africa <https://www.youtube.com/watch?v=QpPQgwNXvzQ&feature=youtu.be&app=desktop>

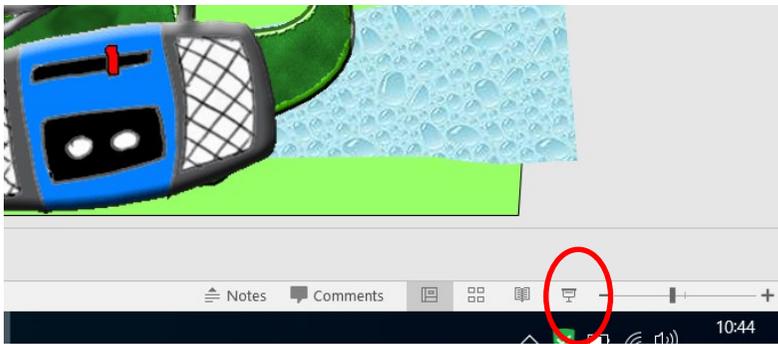
## Sensory stories

<https://equals.co.uk/whiteboard-room-pmld-sensory-stories/>

Follow the link and have a look at all the different stories. Choose which one you want. Using a laptop / desktop/ iPad open the word document. This will have the story words and props that you can use alongside the story.



Then open power point for the story. If you open the power point presentation, the story should be read aloud. To play the presentation, click on the 4th icon at the bottom right hand side of the screen.



Follow the story using the word document and use the sensory items to support the understanding of the story. Have fun!!!

If you manage to take any photos of your child taking part in any of these activities, please send them in to the teacher's email address. We would love to see how you are getting on!

Look after each other and stay safe!