

Sensory exploration activities

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

Sensory ice—in an ice tray, put in water. Ask your son/daughter to make a choice of colour (use food colouring). You can also add in a particular scent they may like to give an aromatic experience.

Place in the freezer until completely frozen. You can then use these in various different ways—in a tray to explore—the ice melts as they explore, letting off the smell and visual experiences.

Outdoor sensory experiences— allow your son/daughter to experience sensory stimulation outdoors. Encourage them to put their bare feet on the grass, in a bowl of water (warm and cold) you could add bubbles to the water, in the soil etc

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.

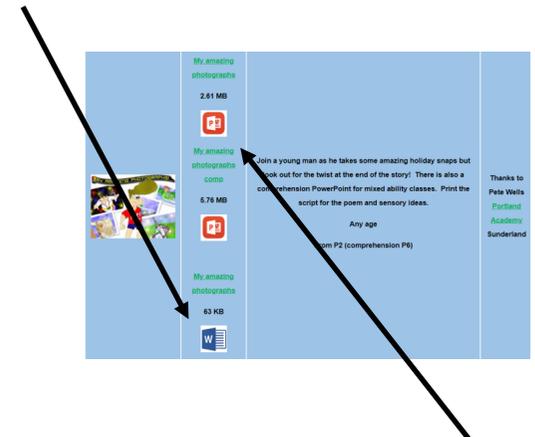
Brushing Hair—allow students to explore the feel of the brush on their hands/ arms. Let them experience the feel on the brush on their hair. Encourage them to brush their own hair independently, students can progress to brushing someone else's hair

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.

Sensory Stories

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

Follow this link to access sensory stories. Once you find the story you would like, click on the word document—this will open up the words for the story and tell you the props you will need to use.



Once you have your props ready, open up the powerpoint document—the story should be read out loud. Follow the story using the props to aid the understanding of the story and add in a sensory element for your son/daughter.

Art

Shaving foam painting—add food colouring to shaving foam and allow your child to explore—use paint brushes, fingers, sticks etc to create a piece of foam art.

Music

<https://www.facebook.com/SoundaboutUK/> - live sing-alongs with soundabout every Tuesday and Saturday at 2pm—accessed via facebook

We would love to see pictures/videos of your son/daughter having fun at home and taking part in different activities. Please send any photos or videos you may take to a.mills@wilsonstuart.co.uk