

Sensory activities

- Spice paint <http://nurturestore.co.uk/homemade-paint-recipe-messy-play>



- Frozen shaving foam <https://www.hellowonderful.co/post/frozen-shaving-cream-ocean-sensory-play/>



- Table top mobile <http://www.activelearningspace.org/equipment/make-your-own-equipment/tabletop-mobile>



- https://www.facebook.com/pg/FoxWoodSchool/videos/?ref=page_internal is a school and they post daily sensory activities to do at home with common household objects.

Physical / self help activities

- Practice grasping, squeezing, lifting (not weights, just hands/ arms) passing, throwing using items such as toothpaste tubes, packets of crisps (they will make a good sound also!) shaving foam, bubbles from washing up liquid, tin foil or anything that can make a sound or have a fun affect.
- Using a box like a cereal box or food delivery box, cut out a hole large enough for a ball to fall through. Give your child the box on their lap and encourage them to use their bodies to get the ball through the hole.



Massage / music

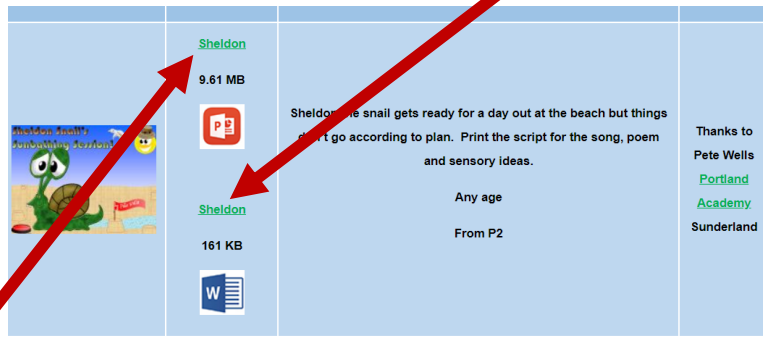
The below links are from a company that come in to the college so your child will already be familiar with the music and props / actions.

- Open theatre—opens up about our warm up <https://www.youtube.com/watch?v=KKNp6XT-Qlk>
- Open theatre—opens up about scarf dancing <https://www.youtube.com/watch?v=jl6ilNHqsY8>
- Play relaxing music from youtube to cue your child into a relaxation / massage session. If you can keep it the same each time that would be great. To make it more sensory you could do the following:
 1. Play water sound effects such as rain or sea waves and use a spray bottle with water or a sponge—on your child: look for their anticipation of the water on their skin
 2. Play jungle sound effects and use garden or house plants for your child to explore, you could add in a hot water bottle or a blast from a heater to make it hot
 3. Wind sound effects / blizzard and get your child to explore ice using their hands/ feet / place some on their face and neck
 4. Wind sound effects but more gentle, use fans / paper or blow gently on to your child
 5. Finish with another piece of relaxing music to end the session. Add in or take out any element you like, be as creative as you can be!

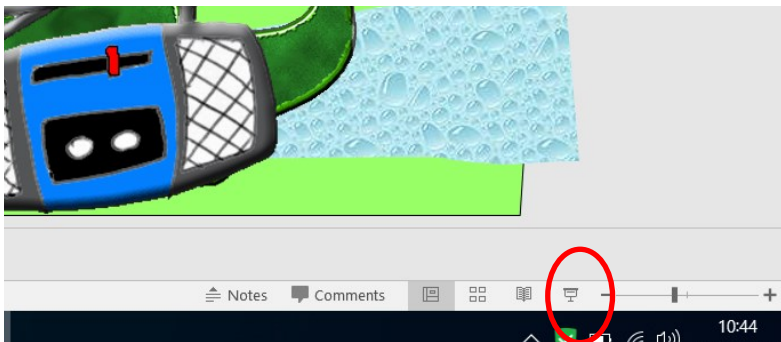
Sensory stories

<https://equals.co.uk/whiteboard-room-pml-d-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!