

Sensory exploration activities

Going outdoors—collect different items from the outdoors—leaves, sticks, grass.

Allow learners to explore the items—create outdoor art collages

Food exploration—different textures of food to explore using both touch and taste

Making your own slime—see youtube videos

Bath time sensory play—lights, music

Sensory bowling

Throwing games—throwing to a target, catch, throwing into a container



Going out for a walk

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/>

Sensory bottles—<https://www.youtube.com/watch?v=D7zp7KbxbKY>

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

Tac Pac

<https://www.youtube.com/playlist?list=PLGDJN4fHPg54BDhNUcYzAD6z5W9OcljT4>

Please see instruction sheet to carry out this session