

Sensory Needs

Tips

When your child is feeling restless encourage them to take a sensory break.
Once your child has met their sensory need, they will be able to focus better.

Ideas

1. Creating a sensory trail at home:
 - Use symbols around the house to demonstrate a sensory walk. If you have access to outdoors, even better, for example:
 - o Draw round your child's left and right hand on several sheets of paper/card and cut out.
 - Get your child to paint the left hands one colour and the right hands another
 - Stick these on the wall using blutac as part of the sensory trail, for your child to either jump up and do a 'high 5' by touching the hands, or a 'low 5', or to press their hands on to do a wall press up.
 - Make hopscotch for the floor and blutac, and get your child to jump with one or both feet on each number whilst counting.
 - Draw a line on the wall, or place a dot, where you want them to face away from the wall and do 5 squats.
 - Draw pictures of logs and lily pads and blutac to the floor to jump on, or spin on.
 - Other ideas include: Crab walking, stepping stones, and crawling.
2. A trampoline outside will also be great for children to do 50 jumps, star jumps, kangaroo jumps etc.
3. Play indoor tennis, using balloon and fly swat.
4. Play indoor golf – cut holes in a cardboard box (and ideally paint the entrance to each hole a different colour – get the child to do this – or number the holes). Use a ping pong ball or similar and a broom to hit/guide the ball into the holes. Keep scores or play a game that your child has to hit a ball into every hole.