

## Self-isolating with your sensory child:

### ideas for home activities handout

Sensory Modulation is described as the ability to self-organise and control the individual's reactions to sensory stimulation from the environment, and from cognitive input in an appropriate manner, so their behaviour is socially acceptable.



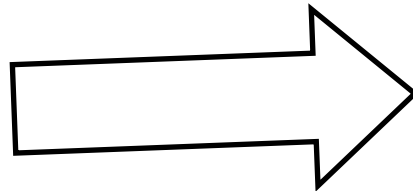
#### Organising

- Blowing bubbles
- Pick up little objects with tweezers and put into a jar
- Feely bag guessing game (tactile sensitivity)
- Squeezing different textured items
- throwing at targets
- Crawling (pop up tunnel; under cushions / duvets; between rooms)
- Throw and catch whilst balancing (sitting on the pile of cushions or gym ball)

#### Alerting



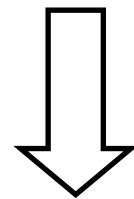
- skipping
- Jumping
- Hopping
- Star jumps
- Bounce on a gym ball – or a stack of cushions
- Trampoline or trampette
- Running a circuit of a room or garden
- Crunchy snacks and cold water from a sports bottle



- Yoga poses
- Sensory boxes
- Alerting: Crunchy foods,

cold drink in sports bottle Instruments in the kitchen (pots and wooden spoons)

- Calming: Fiddle tools, stretchy items eg kitchen gloves, chewy foods, warm drink in sports bottle, wrap up blankets, listening – gentle noises, birds, objects rubbing together.
- Functional skills: liaise with your child's class teacher what are they working on at school? Choose one practical skill to develop e.g.: tooth brushing, buttons or toileting.



#### Calming



- Quiet den or black out tent (with torch to shine on walls)
- Pull stretchy material – washing up glove/ resistance band
- Pushing the wall over
- Lie under pile of cushions
- Roll gym ball/football over child's back
- Sausage roll or sandwich (child under mat/ blanket/towel)
- Gentle music, lights down
- Fiddle toys – squash balls etc – not spinners!!