

Children's sensory needs may become more apparent when they are out of the school routine. Here are some ways to support them

Sensory regulating activities

- Jump on a trampoline
- Running and jumping games
- Play in a sand pit and with wet sand
- Bounce on a space hopper
- Jump onto a crash mat
- Bounce on an exercise ball
- Go for a run
- Star jumps etc
- Step ups: use bottom step on stairs

Sensory organising activities

- Crab walks
- Press ups
- Rolling on tummy on exercise balls—walk on hands as far as possible without falling off
- Wheel barrow walk
- Play catch with heavy ball
- Unpack heavy groceries
- Wear a heavy back pack for short periods of time
- Riding a bike
- Playground equipment
- Swimming

Sensory calming activities

- Provide small box/tent with blankets or cushion for the child to squeeze into calm and quiet
- Roll tightly in a towel or blanket
- Bear hugs
- Firm towel rub after bathing/swimming
- Sit with pillow/weighted blanket on lap
- Have a selection of fidget toys in a basket
- Chewy tubes, chewing gum, gummy bears
- Blowing bubbles
- Swing—rhythmic pattern to calm
- Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm
- Pilates plank
- Ball squash, child lies on stomach and a ball is rolled up and down the child by the adult

<https://inclusiveteach.com/2019/05/13/the-a-z-of-sensory-learning-activities/>

Lots of ideas and activities to support sensory learning