

## Sensory Activities for Home

### **Core Stability & Balance**

Learners are only able to engage in handwriting activities if the rest of the body is stable enough to support them.

Ideas to increase core stability and balance include:

- Sit on a gym ball or pile of cushions with feet flat on the floor, maintain balance and control whilst seated
- Stand on one leg & balance (try each leg)
- Hop (progress to using each leg)
- Walk along a line (taped on the floor, drawn on the floor with chalk, using a dressing gown cord etc) – forwards & backwards, if possible
- Have an activity (crafts, playdoh etc) at a table and have the child kneel at the table for up to five minutes

### **Shoulder Stability & Upper Limb Strength**

A stronger, more stable base of support enables the muscles in the arms & hands to work more efficiently and with more control. Ideas to increase shoulder stability and upper limb strength:

- Push palms & fingers together (like a prayer position) with forearms horizontal
- Push ups (wall / chair / table)
- Clasp hands together by interlocking fingers and then pull hands apart
- Making bridges- keep knees and feet together while lifting the back off the ground pushing up using your arms and shoulders

### **Attention & Memory**




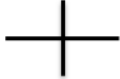





The ability to process, discriminate & retain ability is essential for learning. Activities to encourage increased attention and memory include:

- Tap a simple rhythm & ask the child to repeat it
- Carry out a short sequence of instructions; increasing the number of elements
- Play games like 'Simon Says', Guess Who, and Bingo (numbers or pictures)

- Show your child items in a bag / tray, cover them up & remove one then see if they can identify which has gone
- Play snap with cards & build how many cards can be added to the game each time

### Pre-Req. Writing Shapes

Practise pre-writing shapes either by placing the sheet inside the bag and using the whiteboard pen to overwrite, using the index finger to trace over the shapes, or by having the sheet of shapes next to the bag, and copying the shapes on a squishy sensory bag (see below...). Mastery of these shapes is fundamental for accurate letter formation.

	1		2		3
	4		5		6
	7		8		9

### Motor Control Sheets

Place dot to dot sheets or motor control sheets inside the bag, then use the whiteboard pen to trace over / join dots etc to promote motor control and grasp. The bag can be wiped down after use and re-used with different activity sheets. Motor control is fundamental for handwriting fluency, speed and accuracy.

### Squishy Sensory Bag Ideas

Fill the bag with anything like water, soap, paint, hair gel, shower gel, sequins, glitter etc and use it to promote multi-sensory mark making, drawing, and handwriting, whilst promoting skills like grasp, strength & motor control, and providing visual stimulation.

Encourage use of the index finger to trace shapes / numbers / letters / words or use a cotton bud or the eraser end of a pencil.



## Sorting & Matching Sensory Bag Ideas



Place a picture of different coloured items (e.g. flowers, as per picture) or circles underneath the bag, place buttons / beads / counters / bottle tops etc inside the bag with some hair gel / shower gel / bubble bath (to give movement) and use fingers to slide the items around to colour match with the picture beneath



Draw different coloured circles and label them on the outside of the bag, add some hair gel / shower gel / bubble bath (to give movement) inside the bag along with corresponding items e.g. buttons, coins, counters, bottle tops and use fingers to move the items around to the correct circle / label






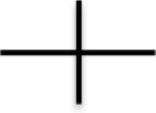

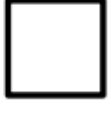
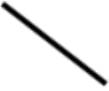


Draw around some household items on a piece of card or paper e.g. Lego, coin, paper clip, key, button, pencil etc then place the sheet inside the bag, mix the items up amongst a range of items inside a box or tub, then find the correct item to place on top of it's shape / outline

## Tactile Activities

- Feely bag games (collect items in a non-see through bag, ask your child to feel items and identify them without looking inside the bag; grade up by asking your child to find a specific item)
- Gather a box together with different textures fabrics or items, discuss or label whether they are soft / hard / fluffy / smooth etc
- Sort objects by feel (have a range of different types of pasta in a non-see through bag then place one piece of each type of pasta in front of your child and ask them to find the same pasta in the bag, without looking)
- Place objects inside balloons (fill uninflated balloons with a range of small items such as rice, beans, marbles, sand, flour and present to the learner with pots displaying the same items, and see if they can feel which balloon has the same contents as the displayed pots)

### Activity Sheets

#### Pre-Requisite Writing Shapes

	1		2		3
	4		5		6
	7		8		9

#### Motor Control Sheets

