

## Sensory Rich Activities within the Home Environment

These activities provide deep pressure/heavy work input that help to calm and organise children who have sensory difficulties. Some of the activities will work well for your child, however others will tend to over excite and make your child giddy. You can then choose to repeat the activities that work well!

- Digging in a tactile tray - see sheet on sensory trays for lots of ideas!
- Squeezing sensory balloons - see sheet on how to make these.
- Hot dog game - where your child lies across the end of a blanket/duvet and is rolled up. Add the onions, pressing down onto them and squeeze the ketchup in (play of course!) and then once rolled up press down firmly onto them. Then reverse it and get them to roll you up! Make sure you always have the head out of the covers but the arms in!
- Tug of war - encouraging them to use a teddy/towel and get them to pull away from you.
- Play super hero's - dress them with a towel cape, putting the towel around their shoulders and tightly wrapping them up and then release to fly.
- Sofa cushion games;
  - Dot the cushions across the room and get them to step from one side of the room to the other. You can pretend that they are stepping stones and not to fall in the water!
  - Encourage them to stack the cushions up as high as possible and then get them to knock them down.
  - Set up a safe cushioned area to jump into and use a dining room chair or stool to climb up and jump off into. (Make sure the cushioned area is away from any walls or furniture that they could hurt themselves on).
  - Work together to prop pillows against each other or against furniture to make a tunnel for them to crawl through.
  - Make a sandwich with cushions and your child!
  - Build a fort around your child with cushions and get them to break out and then chase them!
  - Play pillow fighting.
- Make sensory bags - see sheet for how to make!
- Make sensory dough - see sheet for lots of different ideas.
- Play row row row the boat sitting on the floor rowing against each other.
- Make a home swing - see equipment sheet for items that you will need to purchase. If your child is light enough and you have no back problems place your child in a large sheet or blanket and then 2 of you lift each end, creating a fun swinging hammock.
- Create a large pillow to jump on using a duvet cover and get your child to help you to fill with teddy's, pillows, scatter cushions - just making will require lots of effort and then you have somewhere that your child can jump on.
- Peanut ball games; (see equipment list for where to purchase)
  - Bounce on the ball.
  - Rolling over on their tummy walking out on their hands.
  - If they are tolerant get them to walk out and then pull them back holding onto their feet.

Peanut ball games cont..

- Get them to push the ball against the wall or you. You can be in high kneeling and see who can push each other over first!
- If you have a trampoline try using the peanut ball on there too - extra bounce!
- Roll the peanut ball over your child pressing down on them and then get them to do it on you (do not roll over your face!).
- Make an obstacle course - using climbing over furniture, underneath blankets, rolling over balls.
- You can also get lots of proprioception through your jaw so the following are important activities to offer within the day;
  - Chews
  - Making smoothies or milkshakes and encourage to drink using a straw or sports bottle.
  - Food that requires lots of chewing i.e. dried fruit - mango, corn on the cob, carrots, celery, chewy sweets (every now and then!), biltong, Peperami.
- Lots of walks and where safe encourage them to run, jump and climb on park equipment.
- Wheelbarrow walks - start with rolling over the peanut ball and then encourage them to walk through their upper limbs whilst you hold their legs. They may find this really tricky so go slowly!
- Pull your child around on a sheet if you have laminate flooring.
- Garden activities - digging, brushing, watering, pushing the wheelbarrow.
- Household tasks, hoovering, brushing, mopping, dusting, window cleaning
- Making trains or buses with chairs/boxes, putting teddies on each chair/box and then pushing them and getting them to push their bears or boxes along the floor to different destinations!
- Make a den using duvets/blankets and cushions and having a snack inside!
- Make sensory bottles with your child - see sensory bottle sheet for lots of ideas. You can then use the bottles as part of games stacking them, sorting them, using them as skittles.
- Cooking and baking activities - rolling dough, pushing down to make biscuits, squeezing the dough in between your hands.
- Trampette games (see equipment sheet for places to order from) - reaching up to get things they like, singing songs to the rhythm of the bouncing, throwing and catching pillows.

Vary where you do the activities - outside/inside on the floor, table or chair, lying down on their tummy, whilst sitting on peanut ball or on trampette