



SENSORY GAMES

For children to have a range of sensory experiences to increase their engagement and interaction with the world around them

MOVEMENT:

- Throughout the day provide movement to 'wake up' bodies for play and attention. Try jumping on a trampoline, bouncing on your knee, rocking over a physio ball, vibration toys to touch.

TOUCH:

- Massage or jiggling of arms and legs, particularly before playtimes
- Wearing tubigrip and lumbar belt if recommended by therapist.
- Use lots of different textures on hands e.g. creams, talc, smooth foods, towel and flannel. Use firm, slow strokes as these are less startling than light, quick strokes. Talk about his hands a lot during this time. Lift his hands so he can see what's on them.
- Place toys where the child can reach them e.g. mobiles, tying toys to the tray/buggy, within arm's reach.
- Place hands in containers of textures e.g. pasta, rice, lentils, water, shaving foam.
- Provide different textures to feel e.g. sandpaper, velvet, carpet.

VISION:

- Use brightly coloured toys, with high contrasts and simple patterns.
- Use toys with lights, particularly when room is darkened.
- Place brightly coloured socks, gloves or soft toys on his hands for short periods of time.

SMELL:

- Gently massage nice-smelling cream or talc into his hands, talking about what you are doing as you do it. Lift child's hands towards their nose to encourage smelling them.
- Use aromatherapy.

NOISE:

- Try placing wrist rattles onto wrists – when he moves his arms and hands they will make a noise and may encourage him to listen.
- Musical toys and activities use songs when playing.
- Try suspending noisy, jangly toys so that they rest only a few centimetres from where the child's hands are resting.