



Sensory Activities

Here are some activities for you to try at home. We hope you enjoy them. Please feel free to pick and choose those that will interest your child. At the bottom, some of the activities have been symbolised for the students who use symbols.

Have fun!

Listen to some relaxing music from Youtube.

Enjoy a hand or foot massage. Student can be given a choice of lotions to smell and choose from.

youtu.be/QPPQgwNXvzQ

Follow this link to enjoy a sensory music lesson with Big Top Music. The theme is 'An African Adventure'. It requires a few bits and pieces from around the house and takes about 25 minutes. You can do parts of the lesson or the whole lesson in one go. Repeating any activity regularly allows the students to become familiar with it and engage more.

Enjoy some water play – indoors or outdoors.

Getting outside (or through a door or window)
Can you see any signs of Spring? Feel leaves, flowers etc. What can you smell? What can you hear?

Rainbow Massage Story

Red is the colour of windfall apples as they drop from the tree to the ground – Use a clenched fist and gently drop over student's bodies

Orange is the colour of autumn leaves as they gently fall to the ground – Hand softly flaps in a swaying motion on student's bodies from head to toe

Yellow is the colour of the summer sun I can feel warming my body and soul – Circular motions on body with open palm, warming the body

Green is the colour of long meadow grass I can lie on in the summer – Use fingertips to gently trace long grass strands on student's bodies

**Blue is the colour of great big oceans which boats sail on and fish swim in –
Use hands in gentle waving, rocking motions over body**

**Indigo is the colour of ink in a pen which I can use to write and write –
Gently draw letters, numbers, shapes etc on student's bodies with finger tips**

**Violet is the colour of a summer sky as I watch, relax and smile –
Gentle massage on face before 2 minutes quiet time to absorb activity**

Colours

Pick a colour from the above list and find some things that colour at home.
Allow the student to explore the items. Which ones do they like/not like?
How do they respond?

Listen to counting songs on Youtube or sing any that you know. Cornflower
Class enjoy 'Five Little Monkeys Bouncing on The Bed'.
Find that number of objects and count them together.

Listen to the Addams family days of the week song on Youtube – at school
some students have an object of reference for each day or a smell. You
could try doing a certain activity on e.g. Tuesday so that the students know
that it is Tuesday.

There are similar songs on Youtube about the months of the year if your
child likes the above.

?    
Can you find a small toy

+   
and freeze it in ice?

?    
Can you get the toy out of

the ice?

?    
Can you make marks in a
 
tray of sand?

?



Can you share a story with



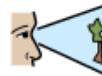
someone special?



You could choose your book.



Look out of your window?



What can you see?



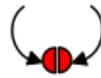
What can you hear?



What can you smell?



Can you mix water with



cornflower to make a gloop



to explore?

?



Can you explore playdough?

?



Which shapes can you



make?

?



Can you roll a ball



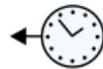
to and from someone special?



Can you build a tower with



lego or duplo or some



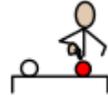
boxes you have saved?



Can you explore paint or



pencils?



You can do this on any



e.g.



paper e.g. cereal boxes.