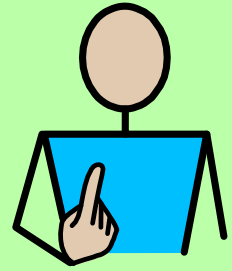
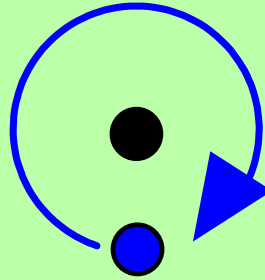


Explorers

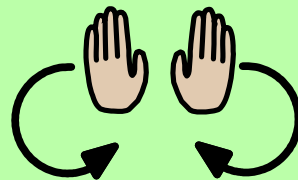
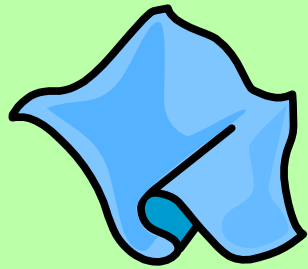


The

World

About

Me



Materials

Massage

By Miss Cross and Mrs Banks

Why do this activity?

Explorers 

'The World About Me' supports your child to become more independent in their own world and prepares them for the next stage of their life whatever that might be.

Learning in this subject area provides the opportunities to explore and investigate scientific concepts through everyday experiences that your child encounter's.

Learning opportunities presented encourage your child to predict, enquire, experiment and evaluate.

In this "Materials Massage" you are encouraging your child to explore materials in the context of their world.



Activity



Focus:

Exploring Materials



Learning



Aims:

Respond to the materials

Explore and interact with the materials

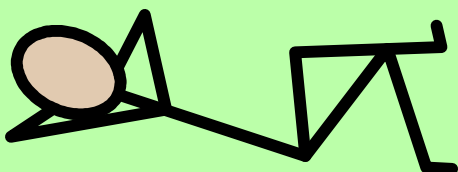
What is a Sensory Massage?

"Sensory Massages" (like our Materials Massage) are a new truly unique, pure relaxation massage experience, created by leading massage therapist Marion Adams in 2013.

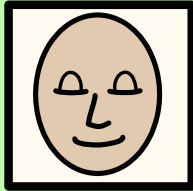
During massage the brain 'switches off' and goes into a deep relaxed state, leaving the body re-energised and with a sense of inner calm.

Massage is a type of deep pressure activity that accesses the proprioceptive sensory system. This system helps to organize the brain, thereby helping you understand where your body is in space, and helping you function calmly in your day.

Sensory Massages are used frequently throughout school as they also support our learners to maintain their regulation levels and maintain their readiness and therefore access to learning.



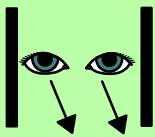
How to do the Materials Massage



Find a quiet space with minimal distractions, somewhere your child and yourself can be relaxed and calm.



Have all your equipment ready before you begin.



Use the Power Point provided to help prompt you through the process.



Use simple repetitive phrases

- Tickle with the prickly brush
- Blow the shiny foil
- Stroke the fluffy pom-pom
- Squeeze the soft sponge
- Roll the hard rolling pin



Use repetitive phrases such as "tickle" or "blow" but remember to keep your use of language to a minimum and use calm, relaxing voice.

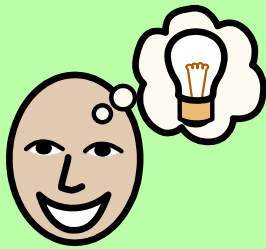


Relax and Enjoy!

Have fun and enjoy this time with your child!

Resources

In the video we have tried to use items you may find around the house, however please feel free to substitute any of the items to ones you think your child will enjoy exploring.



- Brush – paintbrush, make up brush
- Tin foil – or bubbles
- Pom Pom hat
- Sponge or squeezable ball
- Rolling pin or bottle filled with water



You need:



Rolling Pin



Sponge



Foil



Brush



Bobble Hat



Device & Quiet Space

Hints and Tips

Explorers


- Keep your voice calm as you introduce each item and allow your child time to explore the material before moving on to the next one too quickly.
- You may like to begin with modelling the action with the material whilst your child responds through eye contact, gestures or simple actions.
- You could encourage your child to explore the item by touch, however your child might not want to touch in the beginning, this is absolutely fine, in this case continue to model to the child and they can watch until their confidence grows, this may take a few times, but stick with it!
- As your child becomes familiar with the materials they may explore with increasing curiosity using actions such as waving, rolling or squeezing.

