

CITY OF
WOLVERHAMPTON
COUNCIL



Regulating Sensory Activities

At school, many of our pupils require sensory input to help meet their sensory needs. We facilitate this through a variety of physical activities and tasks throughout the school day. These are done in more formal ways through OT programmes and Sensory Circuit sessions, as well informally through quick bursts of sensory input throughout the day!

Below are some suggestions of possible activities that you could do with your child if they require some sensory input. However, the activities may also be beneficial for all pupils to get them either 'up and active' or to a more 'calm and relaxed' state. It is useful to do these activities ahead of attempting some focussed work with your child / young person to support their focus, concentration and 'readiness' to learn.

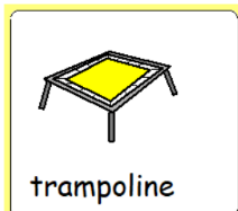
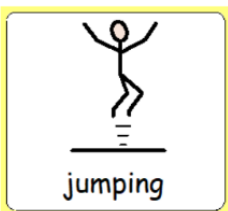
Alerting activities



Walking is a very regulating activity!

It provides rhythmical and predictable sensory input.

- You could find an open space to get out for a walk (adhering to the health guidelines regarding this).
- Set your child a challenge / schedule – to walk to the end of the lounge / garden a number of times.



Jumping is a good alerting activity.

This can lead to overstimulation though, which you can manage by:-

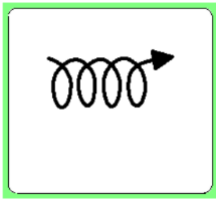
Setting your child a number of jumps to do or set a specific short amount of time.



Step – ups is another effective activity for alerting.

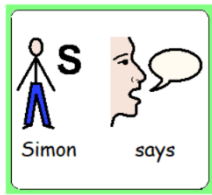
- You could encourage your child to walk up and down the stairs a number of times.
- This could be included more suitably by just asking them to just go and 'fetch' an item from upstairs.
- If you don't have stairs in your home you can just overturn a strong sturdy box to complete the step-ups on.

Organising Activities



Logroll and commando crawling – This is good as it requires your child to use different body parts at the same time.

Encourage your child to keep their body straight and feet together, and to roll in a straight line from one side of the room to the other. To then commando crawl back to the start point.



'Simon Says' Game – This is a playful way that your child can copy / complete a range of physical actions in a sequence.

- This can be made more difficult by –
Increasing the length of the sequence;
involve 2 hands, e.g. 1 hand on the head and the other on the knee.



'Mirror, Mirror on the Wall' – For this you can use a scarf, piece of ribbon or even a tea towel!

- Encourage your child to imitate your actions – they need to be your reflection!
- To make it more difficult - Increase the size and complexity of the movements to be copied, change body position to add variety.

Calming activities

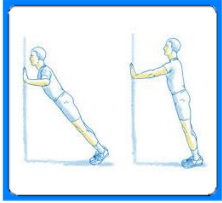
- **ALWAYS END WITH A CALMING ACTIVITY**



Heavy work – Heavy work helps to regulate sensory input.

Any activities that involve pushing, pulling or carrying heavy objects (Obviously be mindful of the weight as to prevent injury).

- Digging and pushing a wheelbarrow.
- 'Row, Row your Boat' singing slowly and calming supplying some firm resistance when pulling and forth with your child.
- 'Tug-of-war' activity.
- Carrying a box with a few items in.



Wall presses – Applies pressure and also child gets feedback from the wall.

These are good as they can be done anywhere! Encourage your child to a number of presses against the wall.



Relaxation – Create a calm environment for your child to just 'be'.

- Maybe use a calm 'tent' or space for this.
- Listen to some relaxing music.
- Provide items of comfort E.g. a blanket, favoured cuddly toy, sensory toy
- Give your child a gentle massage or apply some deep pressure with this is what they like.

It is really important that you complete the activities in the set order of 'alerting', 'organising' and always ending with 'calming' – otherwise it could have the opposite impact that you intended!

We hope that these sensory activities help at home, If you have any questions please do not hesitate to get in touch.