



## Sensory Diets.

### Ideas for bedtime or sleep.

All ideas need to be used taking into account the threshold and responses of each individual child.

Rocking Chair or rocking horse

Lighting – calm, subdued, slow moving

Calm colours in bedroom

Uncluttered

NO TV!

Massage routine after bath

Tuck child in – sheet over duvet, weighted blankets or heavy quilts

Bubble bath – stir water with flannel in each direction

Firm Drying after bath

Water squirters in bath, pouring buckets

Hairwash/ drying and rubbing with hairdryer, brushing

Aromatherapy oils

Vibrating cushion

Cuddle ball or large soft toys to cuddles

Lava Lamp

Calming routine

Calming music or story

Check for food/hunger levels

Brushing with talc

## HOME IDEAS - PROPRIOCEPTION

Trampoline

Play doh

Cooking – baking stirring and mixing, squeezing, rolling out

Gardening – digging. Filling pots, pulling up weeds

Tidying, carrying items from room to room

Vacuuming

Carrying and putting shopping away

Carrying rucksack around

Drying up / washing up

Hand painting

Brushing

Unloading washing machine, turning the drum to check empty

Making bed, shaking duvet, plumping pillows

Pillow fights!

Box play – pushing or pulling sibling or friend in box, or use box as womb space

Cushion/child sandwich

Pushing on the wall

Tug of war

Crunchy/chewy foods

Blowing bubbles

Brushing teeth (with vibrating electric toothbrush!)

Sucking thick liquids through a straw

Marching, tiptoe walking, animal walking

Crab football

Handstands and cartwheels

## PREPARATION FOR WORK

**For the child who needs activating:**

Action Songs

Blowing and catching bubbles

Oral activities which need strenuous blowing like blow football

Catching games with different textures, beanbags, balls, weighted items

Jumping on the trampette

Bouncing on a gym ball

Using an air cushion to sit on, or sit at desk with a gym ball.

**For the child who may need calming:**

Blo pens

Sucking and blowing activities (Don't forget Nika's Motor Skills for Mouths in Special Direct)

Trampette for linear vestibular with proprioception

Sandwiching

Deep pressure – hugs and squeezes

Wrapping up / swaddling

Allowing womb space activity to start – quiet reading story in soft cushion area

Fidget toys while listening