



(Week 6)



Sensory activities to try at home with your child



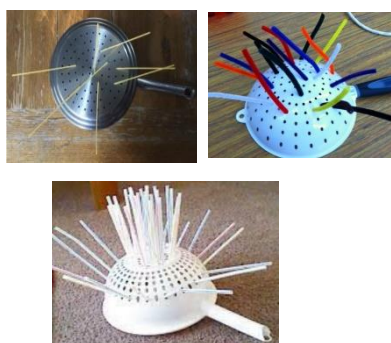
- We have 8 senses: *touch, taste, sight, smell, hearing, proprioception, vestibular and interoception.*
- Activities which promote these senses can help your child to process the world around them and can also help to build their fine or gross motor skills.
- The activities below can be created using items that you may have in your home and many can be adapted to suit whatever resources you can find!



Why not have a go at one activity this week?



Spaghetti threading



You will need:

- ❖ Colander
- ❖ Dry spaghetti
- ❖ Straws (optional)
- ❖ Pipe cleaners (optional)

How to make it:

1. Develop your fine motor skills by seeing how many pieces of spaghetti you can thread into the holes of a colander.
2. You can also do this activity with straws or pipe cleaners.

Dancing ribbons



You will need:

- ❖ Colourful ribbons
- ❖ Hoop or stick (a wooden spoon works well as a stick)

How to make it:

1. Tie the end of the ribbons to a hoop or stick using tight knots.
2. Enjoy dancing and twirling the ribbons around to make different patterns in the air. Can you write letters, numbers or make shapes?

Exploring letters with shaving foam



You will need:

- ❖ Shaving foam
- ❖ Tray
- ❖ Food colouring (optional)
- ❖ Scrabble letter tiles or magnetic letters (optional)
- ❖ Spoon (optional)

How to make it:

1. Squirt out shaving foam onto a tray.
2. If you would like colourful foam, add 1-2 drops of food colouring.
3. Use your finger to make marks in the foam, draw letters, patterns or shapes.
4. You could hide Scrabble letter tiles or magnetic letters in the foam to fish out with your hands or a spoon.