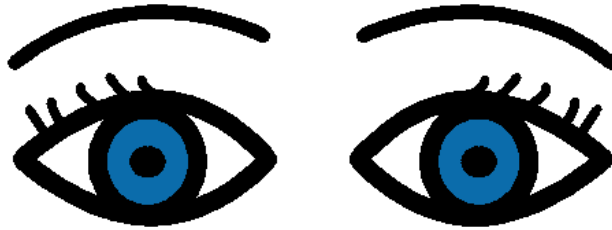


Visual (sight) Strategies



Do not insist on eye contact – focus on activity or looking at general face not into eyes

Wearing glasses with different coloured lenses/sunglasses

Coloured pockets with glitter

Glitter bottles

Puzzles

Sorting – objects, size, shape, colour

Ball games and targets

Torches and lamps

Obstacle course activities

Marble run/Clogging track

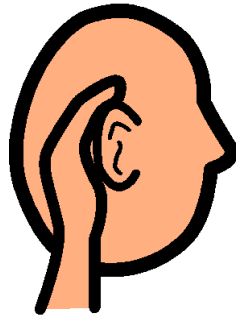
Visual books – pop up

Computer/tablet

Tracking activities

Drawing/tracing

Auditory (sound) Activities



Ear Defenders/listening device

Rhyme and song

Music activities

Animal noises

Sound lotto/bingo boards

Chinese whispers- have pictures of animals and whisper the sound child can guess using pictures

Story books with CDs

Stop/Go games

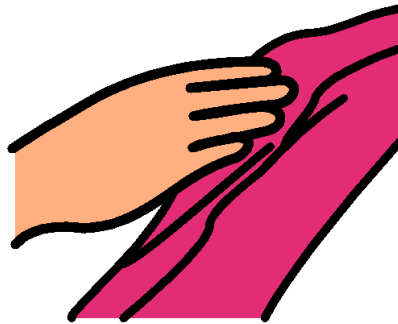
Sleeping bunnies

Listening to sounds in the community/outside

Toys with sound

Expose to sound/noise on a gradual basis

Tactile (touch) Activities



Messy paint

Shaving foam

Sand dunes

Feely shapes

Dough

Sensory bags

Tactile road

Nature walk – collect items

Texture tubs/feely bags

Art activities – sticking lots of different textures

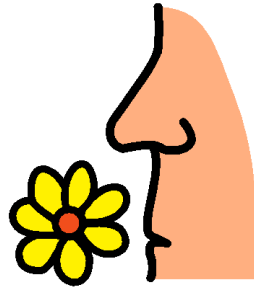
Dressing – child to touch different textures

Hand puppets

Putting on shoes and socks – could make it a race/ use a doll or teddy and possible incorporation of washing/massaging feet

Hammer and nails – use on different textures

Smell Activities



Smelly dough

Smelly water

Looking for smelly objects in dough

Outdoor walks

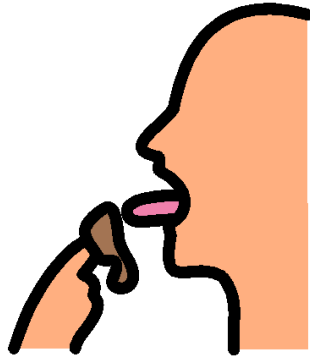
Use of natural materials

Smell jars

Smelling food/household items/food

Scratch and smell books/stickers

Taste Activities



General eating experience – offer choice, use in task schedule, first/then

Present food in different ways – cut, peeled, whole

Encourage to touch, smell and taste

Eat in a variety of settings

Swipe food on lips

Blowing and sucking activities

Cooking – make and eat food together

Provide opportunity to experience range of food – cooked/uncooked, hot/cold, sweet/savoury

Movement Activities



Sit on a ball/cushion

Movement breaks

Therabands

Singing with movement

Balance activities

Stop and go games

Bike riding

Monkey bars

Musical statues

Chase games

Playground equipment

Race games

Swings

Moving on different levels – crawling, climbing, balancing

Trampoline

Bouncing

Scooter board

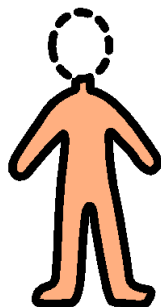
Giant saucer

Sausage rolls

Row row your boat

Jumping

Body Awareness Activities



Crawling, wheelbarrow walks, animal walks

Jumping

Pushing and pulling activities

Chewing

Stress ball

Chewy tube

Cleaning activities

Gardening activities

Deep pressure activities – pushing against wall, pushing on own head or hands together

Tumbling and rolling on mat

Pounding activities – hammer and nail/dough, squashing dough, pegs in board

Dressing up

Singing activities – heads, shoulders, knees and toes

Carrying heavy items