

— SENSORY BASED IDEAS FOR TEACHERS AND FAMILIES —



EQUIPMENT SPOTLIGHT: Scooterboards

Scooterboards can support balance, coordination, motor planning and upper strength. You can sit, kneel or lie down on them and be pushed or pulled by someone else, or propel yourself! They can help to organise your vestibular system.



CLASSROOM HINT: Hand Warm-Ups

Warming up your hands and fingers before activities such as painting, drawing or writing can be useful for developing your fine motor skills. Ask learners to push, pull and pinch PlayDoh or Theraputty as this can provide increased sensory feedback. Doing hand pulls, a prayer position and pretending to play the piano can help you warm-up too!



HOME HINT: Bubbles to Regulate

Bubbles can be a great way to develop sensory processing, bilateral integration and fine motor skills. You can use either a homemade or pre-made mixture. They can be used as a calming strategy as slow, controlled breathing can help slow your heart rate and ground you. Try popping them with different body parts, especially crossing the midline!



No Nonsense Guide

Jargon Buster: "Praxis"

'Praxis' refers to when our brain works out how to plan and carry out new movements. It is important as it can support us to do our daily tasks and be independent. To support praxis skills you could create obstacle courses, navigate unfamiliar objects or uneven surfaces, and encourage sensory play with tactile activities.

Interesting Fact

We don't just have 5 senses!

Have you heard of interoception?

These internal signals tell us if we are too hot or cold, hungry, thirsty or need the toilet

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