

Sensory Play

Activities:

I love being Strong







'They're too strong, they don't know how to be gentle'

Your child might enjoy strong sensory play.

<p>How the strong sense helps us in everyday life</p>	<p>Being able to notice where our body is, how our muscles are moving, is very important for every day life.</p> <p>When we do a strong movement or get a strong hug, it helps us know where our body is in space, also known as body awareness. This can help with coordination.</p>
<p>Why does my child do strong movements?</p>	<p>Everybody needs to move each day to feel good in their body.</p> <p>Some children use strong muscle movements, because the feeling they get in their muscles helps them feel happy, good and calm.</p> <p>The strong muscles sense is very powerful for feeling calm, because it is the sense used during hugs and massage.</p>
<p>What is the strong sense?</p>	<p>When we use strong muscles, we use our <u>PROPRIOCEPTION</u> sense.</p> <p>This means the way we feel when our muscles squeeze, for a hug, or to push or pull something heavy.</p> <p>This senses lives inside the muscles throughout the whole body.</p>

If your child seems to show you with their body that they love strong and heavy muscle feelings, think about ways to add more muscles sensory play into their daily routine. This could be through play, through items you have at home, or through extra toys available to buy.

Everyday home activities for the Muscles Sense

<p>Animal Walking</p> 	<p>Cave at Home To crawl through</p> 
<p>Jumping & Crashing into beanbags, pile of pillows & blankets</p> 	<p>Strong Blanket Wraps Wrap up in a towel tight after a bath for a hug.</p> 

Toys available to buy for the Muscles Sense

Body Sock

Stretchy fabric that children can climb inside



Crawling Tunnel



Scooter Board

To lie on their tummy and crawl



Tug of War & Skipping Rope

