

Sensory Play

Activities:

I love Being Messy



'They are always touching everything!'

Your child might enjoy tactile sensory play.

<p>How the touch sense helps us in everyday life</p>	<p>Knowing what's happening to our body is very helpful in every day life. Feeling things can tell us what an item is, how to hold it and what to do with it, all without needing to look! This sense can also help us notice when we need to do something, like if a bug is crawling on our hand and we need to move it.</p>
<p>Why does my child touch everything?</p>	<p>Touching things gives the brain information about what's happening around the body. Some children touch lots of things because the feeling on their skin of lots of different information helps them feel happy, good and calm. Sometimes, touching something can help a child keep their mind focused on it. Touching things is a main way of learning about what something is and how to use it.</p>
<p>What is the touch sense?</p>	<p>When we touch things, we use our <u>TACTILE</u> sense. This word means the feeling from the skin that says what we're touching, the texture, size, weight, temperature, we can find out, is it soft or hard, hot or cold, light or heavy, wet or dry? This sense lives in the skin across the whole body, even in the mouth and that's why some people put things in their mouth for focusing like gum or chewing a pencil, or other people don't like things in their mouth like certain textures of food.</p>

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

Visit the Fussy Eaters Webpage for many resources on supporting children who struggle with food: <https://www.elft.nhs.uk/scyps/fussy-eaters>

Everyday home activities for the Tactile Sense

Messy Play

Lay out a plastic shower curtain or bag to cover the floor, use a tray or a tub to contain the messy. See the Fussy Feeders website link above for messy play ideas. Some people do messy play at the park, because they don't want to make a mess at home. Big bowls for pouring water can be fun.



Cleaning & Sorting

With your child, sort out clothing, kitchen items, stationary, toys, wash toys in the bath, wipe windows.



Dress Up Games with Crawling

Use other family members clothes, or pretend blankets and hats, hide the clothes for dressing up around the room and crawl around to collect them. Crawling gives lots of touch feeling through the hands. Dress up and see what you look like in the mirror.



Feel & Guess

Hide a mixture of toys in a bag or box and take turns putting your hand in, and guessing what the toy might be.



Make a sensory board or box by finding and glueing different textures to the labels, or sorting the things you find into boxes for what they are:

- Rough
- Smooth
- Fluffy
- Bumpy
- Squishy
- Soft



Kitchen Play:

Mix different items into a bowl, help prepare food, mix dough for bread, or make playdough (link below on BBD Good Food)

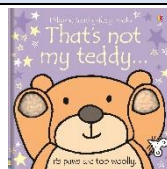


<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

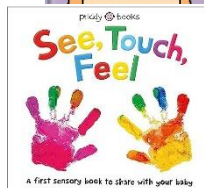
Toys available to buy for the Tactile Sense

Sensory Books:

That's not My Teddy, by Fiona Watt (Author), Rachel Wells (Illustrator)



See, Touch, Feel: A First Sensory Book Board book, by Priddy Books.



Kinetic Sand

Use old cups and cutlery to pack the sand and make castles, hide shapes or numbers inside to find.



Furb Ball






<https://bluefrogtoys.co.uk/products/furb-ball-toy>



Playdough Toy Sets

For example Argos: Play Doh Frog 'n Colours Starter Set with Playmat 206/5043



<p>Vibration Pillow</p>  <p>https://www.sensorydirect.com/vibrating-massage-pillow</p>	<p>Body massager</p> <p>For example: Argos, £11, Wahl Spot Therapy Massager 929/9764</p> 
<p>Foot Massager</p> <p>Supervision always required due to electricity.</p> 	<p>The Body Shop, Total Body Relaxer, £12</p> 
<p>Busy Board Montessori Toy</p> <p>For example from Temu: www.temu.com</p> 	<p>Sandpit or Pool at home</p> <p>Find a local sandpit or create a small sandpit at home:</p> <p>Argos, Chad Valley Sand and Water Pit - Blue 365/0691, £14.</p> 