

# Sensory processing

## *Activities to do at home:*

- Balance on a gym ball
- Playdoh
- Playing with a squeeze ball
- Popping bubble wrap
- Feeling differently textured materials – soft & hard, smooth & rough (e.g. ball of wool, fleece, rough micro-fibre cloth, cotton etc.)
- Submerging hands in water and soap mixture – feel the bubbles.
- Baking – whisking, beating, kneading, rolling out, shaping etc.
- Rummaging in box filled with small objects of different textures (e.g. hard and soft things together)
- Oral sensory input
  - making mouth noises (buzzing like a bee, clicking tongue, humming etc.)
  - making funny faces (e.g. open mouth wide, fill cheeks with air etc.)
  - using straws to move balls of paper (sucking in air and hold the ball on the end until it has been moved)
  - blowing up balloons.
  - eating crunchy snacks (e.g. raw carrots, apples, pretzels, popcorn, crackers, granola, crisps)