



Sensory Play Support

Sensory experiences can be highly beneficial to your child.

They can:

- Ease anxieties
- Help to build fine and gross motor skills
- Provide opportunities to practise what your child is learning in school e.g. letter/number formation
 - Support sensory regulation
 - Enable communication

This booklet includes some suggestions of resources that you could use with your child to support their sensory needs and help them to relax. They can all be used for sensory play though we have included a few ideas for multi-sensory learning to help your child too.

Please feel free to contact Sensory Kids or Learn with Lauren if you have any questions about sensory input.

Further information and activities can be found on Learn with Lauren and Sensory Kids social media pages:	
Learn with Lauren Facebook - Learn with Lauren Instagram - @learn.with.lauren Email - learn.with.lauren@outlook.com	Sensory Kids Facebook - Sensory Kids Instagram - @sensorykids1 Website - www.sensorykidsni.co.uk

Play-Doh

Multi-sensory way to practise making letters and numbers. Try using dough to revise your weekly spellings and tables. Make models to go along with the spellings too e.g. if learning to spell 'house', can you and your child then make a house with the Play-Doh?



Foaming Soap

This comes in a variety of colours and scents so pick the one your child likes best! Practise mark making, spellings, grammar and number work by using your fingers instead of a pencil. Can your child draw pictures in the foam to go along with their work? Have fun!



Finger Paints

Similarly, finger painting is a visually attractive way for your child to go over what they are learning in class. Try making patterns and shapes with different colours. Can they write the alphabet with finger paints? Can they do it in lower case and capital letters?



Instant Snow



A great resource to use in winter months to help with letter and number formation. Make shapes, play with figures and experiment with filling and emptying various containers in the snow.

Play Mais

A resource that appeals to sight, smell and touch. Can you make items related to your child's World Around Us topic in school?

E.g. farm animals/machinery, dinosaurs, space materials, people who help us... Enjoy the conversations that stem from this! You could also use the play mais to visually and practically carry out multiplication and division.



Pop Its

A very popular fidget toy! Great for restless little hands and they come in a variety of shapes and sizes to suit your child. These can be useful for revising number facts so keep pop its close by when completing number tasks.



Kinetic Sand

Another sensory resource that comes in a range of colours and can be used as an alternative to pencil and paper. Form words, make numbers, build shapes, as well as simply enjoy the texture of the sand - a very relaxing resource that often generates creative ideas and conversations.



Peanut Ball

These are great for developing coordination, balance and general gross motor skills. They come in different sizes, colours and textures and can be beneficial to use as a 'sensory



break' during homework tasks or throughout your day. Try lying in the middle of the ball and walking forwards and backwards on your hands, punch the ball while counting, copy rhythms while

hitting/tapping the ball and bounce on the ball, facing different directions (can your child name the compass points and tell you the degrees they've turned etc.?)

Enjoy your sensory play and learning experiences!