

Sensory Regulation

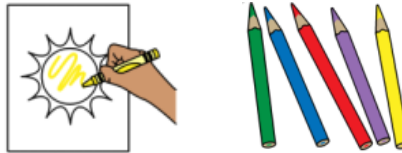
Hume Valley School Occupational Therapy Department

Using our senses can help to keep our minds and bodies alert and ready to focus. Children need to be able to focus and be alert so that they can learn.

Try these activities during this session to work out what helps your child to focus. Then you can use those activities to help your child focus throughout their learning day.

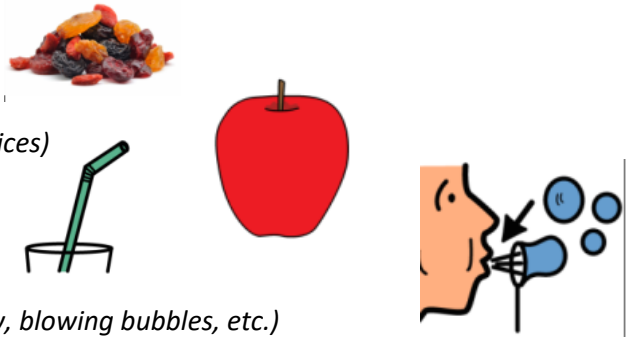
WHAT YOU WILL NEED:

Colouring in:



- *Colouring in page or worksheet* (free colouring pages available at <https://www.crayola.com/featured/free-coloring-pages/>)
- *Pencils, pens, textas*

Oral (mouth) items:



- *Chewy food (eg. chewing gum, dried fruit)*
 - *Crunchy food (eg popcorn, crackers, apple slices)*
 - *Soft food (eg banana, yogurt)*
 - *Drink bottle filled with cold water*
 - *Cup with a straw filled with cold water*
 - *Something to blow (blowing through a straw, blowing bubbles, etc.)*
- *Optional: spicy, sweet, salty foods, hot/cold drinks, chewy toys (if you have them at home)*

Tactile (touch) items- use what you already have at home:

- *Fidget toys (fidget spinners, squishy balls, etc.)*
- *Small plastic toys*
- *Small soft toys*
- *Playdough (you can put playdough inside a balloon or freezer bag to stop it drying out)*
- *Pipe cleaners*
- *Clicking pens*
- *Any other items which can be held in the hand and used to fidget*



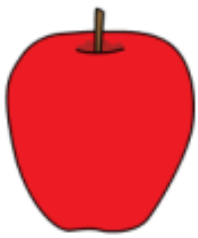
WHAT TO DO:

1. Lay out the colouring in materials on the table, along with the all of the food and fidget options listed above
2. Have your child start the colouring in activity
3. Encourage your child try each of the mouth or touch activities available (one at a time) while they are completing the colouring in activity
4. See if using their mouth or their hands helps your child to focus on the colouring in activity (it could be one, both or neither)

NOTE:

Write down the items which helped your child focus, or cut out and keep the visuals which show the activity (attached at the end of this document). Practice using these strategies to help your child focus during their learning activities throughout the day. These can be used as brain breaks during their lessons.

Try these throughout the term to help your child focus during the day



eat something crunchy



eat something crunchy



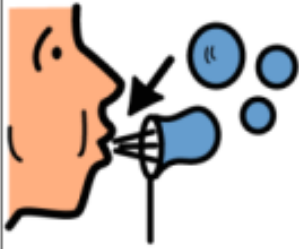
eat something sour



eat something sweet



eat something salty



blow bubbles



drink with a straw



drink water



drink something cold



eat something cold



drink something hot



chewy toy



chewy necklace



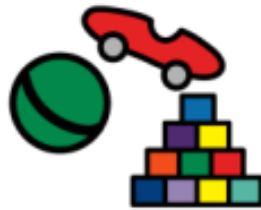
deeps breaths



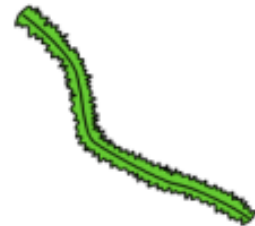
dried fruit



fidget



fidget toys



pipe cleaner



squash



squeeze



play dough



puzzle



draw



fidget spinner