












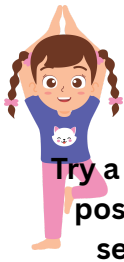



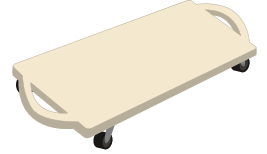




Sensory Toolkit Ideas

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|  <p>Hop forwards & backwards</p> |  <p>Swinging</p> |  <p>Throw and catch a ball 20 times</p> |  <p>Go for a quick run</p> |  <p>Drink 3 gulps of water without taking a break</p> |
|  <p>Jump like a frog for 1 minute</p> |  <p>Pull apart playdoh/Slime with clean breaks</p> |  <p>Pull some weeds out</p> |  <p>Blowing Bubbles for 2 minutes</p> |  <p>Blow a ping pong ball along a line</p> |
|  <p>Walk like a crab and kick a soft ball</p> |  <p>Water the garden</p> |  <p>Draw facial expressions in the sandpit with a stick</p> |  <p>Try a new Yoga pose for 30 seconds</p> |  <p>Balance on an exercise ball for 30 seconds</p> |
|  <p>Blow up a balloon</p> |  <p>A game with balloons and pool noodles</p> |  <p>Ride on a scooter board</p> |  <p>Sweep the floor/rake the leaves</p> |  <p>Eat crunchy vegetables or fruit</p> |

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|---|--|---|--|---|
| <p>Play Simon Says</p>  | <p>Hide in a big box</p>  | <p>Say 10 things you can hear outside</p>  | <p>Pick up toys in the sandpit under 1 minute</p>  | <p>Play Tug a war with a friend for 1 minute</p>  |
| <p>Hang like a monkey for 20 seconds</p>  | <p>Crawl to the goal and back</p>  | <p>Carry some paper to the office</p>  | <p>Run up the slide and slide down 10 times</p>  | <p>Jump on a trampoline</p>  |
| <p>Paint a fence or tree with water</p>  | <p>Boxing Bag</p>  | <p>Throwing bean bags into a container</p>  | <p>Use a hula Hoop for 1 minute</p>  | <p>Throw a Frisbee</p>  |

Together with the child sit and look at options for breaks. Get them to highlight or tick which ones they would like to do. Proactively give the child the opportunity to complete one of these activities each hour.

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