

Sensory Play

Tactile Play

Floor Play

While playing on the floor box, place a variety of different textures around the child e.g.

- Green kitchen scourer,
- Sheepskin,
- wool blankets,
- Foil wrapping paper
- Brushes
- Sticks
- Sand tray/ rice tray
- Scarves



Even if the child doesn't want to play with the textures provided they will still come into contact with them by leaning on them while they reach for something else, crawling over them etc.

Letting the child play in bare-feet or short-sleeves where practical is useful.

If the child only uses fingertips to touch objects, try using big toys like a child's basketball – you have to use the whole of your hands to pick it up

Table/ Tray Play

- Use the types of materials suggested previously
- Also use cups, spoons, cotton-reels, rubber toys, toothbrushes and paper.
- Use a combination of hard, soft, plastic, metal, bumpy, smooth, furry.
- Salt dough – moulding, pushing cookie cutters in, putting toys in, rolling cars over
- Games with food (drawing in apple sauce, allowing clean squirter toys or teething toys to hide in a bowl of yoghurt) can be a really good way of decreasing sensitivity to mess. If the child gets distressed, stand by with a damp cloth to wipe their hands clean again. Encourage them to wipe their own hands.



Rice/ Sand Play

A box of clean sand or rice can be great fun. Encourage the child to put their hands into the box by partly hiding some toys in it. Make a fun game of searching through the sand to find the toys and then burying them again.

Water Play

Use squirter toys, sponges and paintbrushes, cups, spoons to make water play fun. Encourage the child to 'paint' your hands and arms and then their own. You can incorporate water beads, food colouring, glitter as the child can tolerate.

Mess free texture play

Place different textures inside sandwich bags so the child can feel different things without getting the mess on their hands. You can include jelly, water beads, beans, cooked pasta/ spaghetti, poster paint, custard. You can seal the bags with tape so they can really explore them.



Physical Play

Proprioceptive play activities

- Hula Hopping
- Running races
- Jumping on the trampoline
- Soft Play centres
- Wheelbarrow races – Make sure the child can hold their own weight through their arms
- Obstacle Courses
- Chase
- Skipping – with or without a rope

Best care by the best people

- Small world play/ lego/ puzzles/ turn taking games etc. on hands and knees, over peanut ball
- Painting/ chinks on the floor on hands and knees, up high so the child has to stretch, in high kneeling, standing up
- Firm tickle/ rough and tumble play
- Climbing/ rock climbing
- Crawling through tunnel
- Duck duck goose

Vestibular play activities

- Swings
- Slides
- Swinging in hammock
- Roundabout
- Scooter
- Scooter Board
- See saw
- Row row your boat – sit on the floor and sing row row row your boat, facing each other and holding hands
- Ringa roses – hold hands, go round in a circle singing, drop down for the middle of the song and jump up at the end

Engaging your child in play

- Make yourself 'interesting' so you get your child's attention – use your tone of voice, beware of being too loud if your child is over responsive to noise, make interesting noises 'wow' 'oooo'
- Don't demand your child shares your attention if they haven't mastered this through their communication yet – play alongside your child, have a set of toys each, a ball each, run next to each other etc.
- Follow their lead – copy them, do the same activity they are next to them, if they are knocking towers down – do this with them, if they are putting things in containers have your own container and do the same
- Don't increase the demands of the activity too quickly – children often enjoy doing the same thing repeatedly!

