

Creating sensory experiences

A child's sensory system requires to be exposed to lots of different sensory experiences in order for their sensory systems to develop and mature. This is mainly done through play. Your child may have limited play skills due to difficulties with attention and communication, and physical needs. However there are many ways at home that you can expose your child to different sensory sensations that are fun and interactive.

A nice and easy way a child can experience new sensory sensations is by exploring different sensory boxes. Below are a few ideas of what can be put into different sensory boxes.

Touch sensory box

- Different types of materials that can be found in your wardrobe, e.g. a fluffy sock, a woollen jumper, a silk tie



- Different items that can be found in your bathroom, e.g. a sponge, a flannel, body brush, body exfoliating puff, exfoliating gloves, shaving foam, shower gel



- Different items that can be found in your kitchen, e.g. dish sponges, dry lentils, dry pasta



Vision sensory box

- Hand mirror
- Torch
- DIY liquid motion bottle:
 - Need: 500ml empty plastic bottle, cooking oil, water, food colouring, Alka-Seltzer table.
 - Make: 1) Fill bottle 2/3 full with cooking oil 2) Fill the rest of the bottle with water, leaving 1 inch of space at the top 3) Add a few drops of food colouring 4) Break Alka-Seltzer tablet in half, and add each half 5) Add the lid, and sit back and watch the fun.



- DIY shaker bottles:
 - Need: 500ml empty plastic bottle, dry food produce (rice/ lentil/ cornflakes/ pasta)
 - Make: Add food to the bottle, filling only half way. Add the lid and shake.



Also consider how you can expose your child to different sounds. Here are a few ideas:

- Listen to different types of music, e.g. classical music, whale noises, etc.
- Pop bubble wrap
- Play with different musical instruments you have available to you at home

Please also refer to this link for further ideas:

<https://www.nhsggc.org.uk/kids/life-skills/joining-in-with-sensory-differences/>

Useful website for creative ideas:

Pinterest

Important

Consider limiting the amount of time your child watches TV or plays on their Ipad. These provide a lot of visual input which can be over stimulating, impacting your child's attention and concentration.