

7 day Sensory Program

Use the daily list of sensory activities to help keep your child calm and manage their sensory motor needs. Remember to keep it fun, create obstacle courses, and use your imagination.

Day One

- Bounce on a large exercise ball to the beat of the ABC song & try sing along
- Do 10 frog jumps
- Run around in a large circle, 10 times in a clockwise direction and then 10 times in an anticlockwise direction
- Run and crash on a crash mat, pile of pillows or soft toys 3 times
- Crab walk across a room
- Roll a large exercise ball vertically up and down a wall 5 times
- Clap a pattern and have your child copy it
- Play catch, throw or roll a ball back and forth with your child for 20 passes, counting them out

Day Two

- Crawl through a tunnel or under a row of chairs
- Play and sing along to Row Row Your Boat. Sit your child opposite you on the floor and connect your feet, making sure to hold hands and rock back and forth.
- Balance on each leg for 10 seconds
- Do 10 push ups or push against a wall for 10 seconds
- Roll like a log across a room and back
- Get your child to cross their mid-line by high fiving your opposite hands 20 times, counting them out
- Roll a large exercise ball back and forth along your child back 10 times

Calmness is found in movement

Day Three

- On a soft surface like a bed, help your child do somersaults
- Hop on each foot for 10 seconds
- Make 10 large circles with your arms
- Play Simon Says
- Do 10 toe touches
- Run on the spot for 10 seconds
- Make 10 small circles with your arms
- Touch your left hand to your right foot and your right hand to your left foot, crossing your mid-line 10 times
- March across the room
- Place puzzle pieces at one end of the room and the board to place the pieces on at the other end. Fill a backpack with books or cans of food to add weight and have them carry the bag as they walk back and forth collecting pieces and creating the puzzle

Day Four

- Have your child be a wheel barrow and hold their legs while they walk on their hands across a room
- Shake your silly's out by having your child shake and dance about for 1 minute. Join in with them
- Walk backwards from one end of the house to the other
- Rub your belly and pat your head 10 times
- Bounce like a Kangaroo across the room
- Do 10 chair dips
- Stretch and reach up to the sky on your tippy toes for 10 seconds
- Kick a ball back and forth with your child
- Pat your left shoulder with your right hand 10 times
- Pat your right shoulder with your left hand 10 times
- Give yourself a bear hug for 10 seconds

Create an obstacle course

Day 5

- Play pass with a ball rolling it between your legs backwards to each other like tunnel ball
- Have your child crawl across a room with an object balancing on their back. Use a soft toy or book and try have them get to the other side without it falling off
- Play What's the time Mr Wolf
- Touch the opposite elbow to knee 10 times
- Lie your stomach on a large exercise ball and rock back and forth 10 times while hugging the ball,
- Walk in a straight line
- While lying on your back on the floor pretend to peddle a bike with your legs in the air
- Do 10 Giant steps
- Do 10 tiny steps
- Walk across pillows or cushions
- Have your child pretend to blow out 10 candles on each of your fingers

Day 6

- Spin clockwise for 10 seconds then anticlockwise for 10 seconds
- Do the actions and sign to I'm a Little Tea Pot
- Scrunch paper in to a tight ball
- Slither across the floor like a snake
- Do downward dog pose for 10 seconds
- Play tug of war with a rope or blanket
- Run across the room and walk back in slow motion 3 times
- Have your child do a superman pose on the floor by lying on their tummy and trying to lift their arms and legs off the floor. Making sure their chest comes up to creating a superman pose holding for 10 seconds x 3 times
- Snap your arms like a crocodile 10 times
- Make a pillow sandwich and squash your child with some deep pressure using the pillows

Keep it fun

Day 7

- Stretch your arms out horizontally like an aeroplane and twist left to right keeping your feet still 10 times
- Have a pillow fight
- Jump and crash in the pillows 5 times
- Walk around in a large circle with a soft toy between your knees. try not to let it fall
- Tear up a piece of paper until its in really small pieces
- Clap your hands behind your back 10 times
- Sing and do the actions to Heads and shoulders
- Say your name softly 5 times
- Say your name loudly 5 times
- Stick your tongue out 10 times
- Draw a large horizontal figure 8 in the air 5 times
- Using your hands give your body little squeezes all over

These are activities that I found helpful for my child.

Remember that every child is different.

Get involved and do the activities with your child.

Movement is good for us all and it makes it much more fun when your child can laugh at you trying to crab walk or shaking your silly's out with them.

sarah brown xo

Use your imagination