



Sensitivity Occupational Therapy services



Some more useful links for sensory input and stay at home sensory ideas.

Parents, I have put together some on line sensory support links to help you with some sensory activities which you can implement at home with your children. Please select the activity you think will motivate your child and best suit their needs.

Facebook:

Sensitivity OT services.

<https://www.facebook.com/SensitivityOTServices/>

Sensory stuck at home.

<https://www.facebook.com/groups/sensorystuckathome/?ref=share>

Movement/gross motor skills	Tactile touch skills	Oral motor skills	Auditory skills.
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<p>https://youtu.be/9EIA14onc30</p> <p>Sensory vestibular play at home</p>	<p>https://youtu.be/YsnbmoVbBRs Foam play</p> <p>https://youtu.be/KDOZyUv5uyQ Calm down sensory bottle</p> <p>https://youtu.be/be35JR7kEhc Sensory Bags</p> <p>https://youtu.be/iUm3yti_jis Tactile play</p> <p>https://youtu.be/V2iJnmOvnBw Tactile gloves</p> <p>https://youtu.be/nuYaH12pNFI Fun sensory activities</p>	<p>https://youtu.be/xnXaswdFQN0 Oral motor play</p> <p>https://youtu.be/FIc2qfIE-lU Blowing activities</p> <p>https://youtu.be/sh79w9pn9Cg Breathing activity</p> <p>https://youtu.be/HfjnD2Bkl6c Oral motor</p>	<p>https://youtu.be/xir91dOrO64 Calming music</p> <p>https://youtu.be/DlnYANIVslc Autism calming music</p> <p>https://youtu.be/BTrfbUMtEUK Bubble tube</p> <p>https://youtu.be/vB4CEZZ_loI Magic kaleidoscope</p>
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Proprioception/calming	Visual motor skills	Fine motor skills
<p>Therapy ball calming and organising activities</p> <p>https://youtu.be/4i258YX-6Do</p> <p>https://youtu.be/4e1tjy3T9_g Steam roller</p>	<p>https://www.facebook.com/groups/sensorystuckathome/permalink/319472385695986/</p> <p>Balls in a box.</p>	<p>https://youtu.be/Z8o08WWjoy0</p>

https://youtu.be/YbWTuB_7MpA

Sausage roll.

<https://youtu.be/SWtmkj45so>

Proprioceptive games for the home.

<https://youtu.be/qJ1WzNcxbgk>

Core stability activities.

<https://youtu.be/glyUa4n5c34>

How to make sensory stress balls at home.

https://youtu.be/_16pPzwJ5qE

Deep pressure activities in the home.

<https://youtu.be/6fTT6Uvr8Lg>

Proprioception play

<https://youtu.be/Oquc160D1dw>

Proprioception awareness.

<https://www.facebook.com/groups/sensorystuckathome/permalink/319348202375071/>

Crash and bang play

Donna Boygle

Advanced Sensory Integration Practitioner/Occupational Therapist