












SENSORY EXPLORATION week 2:

Please see attached sheet of description of activities. Choose the activities which best fit your child's needs.

Movement/Gross motor skills	Tactile/touch skills	Oral motor skills	Auditory skills
<p>Hit the balloon:</p> 	<p>Sensory bags:</p> 	<p>Blow up the gloves:</p> 	<p>Hanging Hoola:</p> 
<p>Don't touch the lava:</p> 	<p>Dry textured play & sensory bin:</p> 	<p>Drinking from a sports bottle:</p> 	<p>Musical shakers:</p> 
<p>Indoor snowball fight:</p> 	<p>Messy play:</p> 	<p>Elephant party blower:</p> 	<p>Sensitivity to noise: Taxing noises</p> <p>Also, best noise cancelling headphones.</p> <p>Noisli:</p> 
<p>Go-go-go chair:</p> 	<p>Messy play with food:</p> 	<p>Blow the boat:</p> 	<p>GoNoodle dancing:</p> 

Proprioceptive/Calming	Visual motor skills	Fine motor skills
<p>Towelling: and</p> <p>Jumping on trampoline/trampet:</p> 	<p>Find the clowns nose:</p> 	<p>Taped toys:</p> 
<p>Outdoor play:</p> 	<p>Hit the cups:</p> 	<p>Drop the toy:</p> 
<p>Sausage Roll:</p> 	<p>Put in the balls:</p> 	<p>What's in the foil?:</p> 
<p>Wall push ups:</p> 	<p>Apps:</p> 	<p>Put in tubes:</p> 