

Play Suggestions for a Child who seeks Sensory Experiences

Our senses provide us with information about our body and our world. Some senses give us information from inside of our body that tell us about body position and movement, while other senses give us information from outside of our body such as what we see, hear and touch.

Everyone responds to sensory information differently, some children seek out sensory experiences while other children may avoid them.

The following activities aim to provide a variety of sensory suggestions for a child who **actively seeks out sensory experiences.**

- Fast Swinging
- Spinning – on chair, sit'n spin
- Quick Bouncing – on ball, lap
- Jumping and running
- Wheeled Toys – quick rides in wagon, trike
- Chewing – ice chips
- Sucking – popsicles, frozen grapes, sour candy
- Drinking Ice Water
- Tag
- Water Play
- Playing Loud Musical Instruments
- Cause and Effect Sound and Light Toy
- playing clapping games
- Flashlight tag
- Smelly stickers and pens
- Dancing to music
- Treasure hunt; find objects hidden
- Going down slide
- Skipping rope games

*Adapted from : Building Bridges through Sensory Integration Workshop
Yack, Sutton and Aquilla, 1999*