

Sensory Activities - Interoception



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What are sensory activities?

By providing a range of activities across all of the 8 sensory systems you will be supporting the child's development. Try and make them as part of everyday routines by incorporating them into play.

The following suggestions focus predominantly on the use of the interoceptive system.

<p>Yoga – encourage the child to notice the movement and feelings of their body. Kids yoga videos can be found online</p>	<p>Mindfulness – encourage the child to notice their surroundings and how they feel. Kids mindfulness ideas can be found online</p>	<p>Emotion matching game – emotion matching cards can be purchased or printed from online. Talk about the emotion of the pictures with the child, include what might be felt by the body too e.g. excited – tingly tummy</p>	<p>Warm and cold games – encourage the child to touch objects of different temperatures and naming what it feels like e.g. ice cubes – cold, slippery, wet, smooth</p>	<p>Name the emotion – when the child has a visible emotion, say it out loud to them e.g. I can see you look angry/sad/excited/happy</p>

Guidelines for using Sensory activities

- Sensory activities should be supervised by an adult
- Watch how the child reacts to the sensory input. If they appear upset, anxious or uncomfortable, stop the activity. Before you try the activity again, ask yourself if you can change it in a way that you think the child may like it better. If they continue to appear upset, anxious or uncomfortable, do not keep trying the same activity.
- If it is safe and possible to do so, allow the child to be in control of how much and how long they play with each sensory activity. Offering a variety of different sensory activities throughout each day is most helpful to support development.
- Talk to the child about the activity that you are introducing. If appropriate, use pictures of the activity to support their understanding of what is happening.
- Please follow any instructions that accompany any activities or equipment you buy.