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## Sensory Activities – Auditory (hearing)

### 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 your everyday routines by incorporating them into play.

The following activities focus predominantly on the use of the auditory (hearing) system.

			
Reading a book	Going on a listening walk	Sound puzzles	Playground musical instruments
			
Sound bottles	Water xylophone	Record household sounds	Make your own wind chimes
			
Maracas	Bead drums	Drums	Egg shakers



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Playing musical instruments	Listening to music	Clap Hands	Music Walls

### 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.