



Sensory Motor Activities

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Calming activities to help a child organize him/her self:

- Roll up child in a blanket like a hot dog, pretend to rub and plop condiments on his back
- Roll a therapy ball or bolster over his/her back like steam roller, or pretend to roll a pizza.
- Have the child stand with their arms against the wall and push the wall down with one steady push.
- Do the wheelbarrow walk, where the child walks on their hands while you hold their feet in the air
- Jump on the trampoline-combine with games such as hop one time and stop, hop three times then stop put one hand on your head and hop two times, etc
- Roll over various objects like pillows or mats. Try holding something between your knees or feet and then roll
- Theraputty pull with extra firm theraputty or clay
- Roll child up in a blanket and have him/her do a puzzle

Vestibular activities to help your child process sensory information:

- Roll back and forth putting together a puzzle. Place pieces at one end and puzzle board at the other. Arms should be held straight overhead
- Roll in a straight line as fast as possible knock down bowling pins
- Stand against a wall and turn yourself around, moving down the wall. Child should be moving down the wall, not staying in one place.
- Pass a ball over your head then under your legs to another person
- Try keeping a balloon up in the air by hitting it with your hands
- Have child lie on a blanket with two adults holding the ends, then swing child back and forth

Located at 900 Main Street in Oakville, Jumpstart is a leading, statewide program dedicated to helping children meet their optimal development. Jumpstart provides hands-on care, training programs and a wide collaboration network for families, caregivers, educators and healthcare professionals. For more information, or to schedule an appointment, please call Jumpstart at 860-945-1301.

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