



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
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Sensory activities - visual



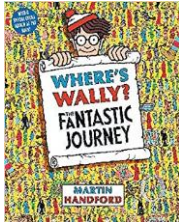

What are sensory activities?

Sensory activities can be used to support the child or young person to have a balanced amount of sensory information throughout the day in order to provide the right level of sensory input to support their regulation and function. We all need sensory information to stay calm and focused and the sensory activities can be integrated into everyday routines.





The following activities focus predominantly on the use of the visual system.

Scanning games

			
Grass scavenger hunt	Bubble popping	Sensory hide and seek	Cloud scanning

			
Balloon tennis	Eye Spy	Where's Wally books	Jigsaw puzzles

Movement and light

			
Kaleidoscope	Lava lamps, plasma balls and fibre optics	Liquid and sand timers	Floating bath tub lights

			
Spinning top craft	Glow stick games	Glitter bottles	Marble run and click clack car tracks

Guidelines for using sensory activities

- Watch the child's behaviours and reactions at all times and if an activity is over arousing a child or under arousing them stop and do not continue. This is because too much sensory information may cause the sensory system to shut down or the child becomes over aroused.
- Allow the child to be in charge of the activity as long as it is safe to do so. Sensory activities should be given under supervision of an adult.
- Ensure that you prepare the child for the activity they are going to undertake using verbal or visual instructions as this will support them to learn the steps of the process.
- Sensory information should be given over short periods of time.
- Reflect on what the child was doing before and after the activity and does it make any difference to their performance.
- Please only use the equipment provided for what its intended use is and follow instructions and the information.