

## Calming input



Deep pressure squish

Bean bag wrestle  
Pile one on top to squish



**Ball pool quilt for weighted blanket or to lie on and roll on**

Fill a single quilt cover with balls.

Leave some space to flatten the cover out and lie your child on for them to move on

or you can push and pull them to move on the balls.

Use it as a weighted blanket. Or lie on tummy to explore toys.



### Deep pressure

Sausage rolls in a blanket. Lie on on end of the blanket and roll them up. Some children prefer hands out. Squish from feet to head lying on each side. Unroll and repeat.



Resistance work with Lycra.



You wrap the child and cross over the front to pull and squeeze the child



Body sox

stretch

Lycra sheet for sleeping

(ebay/amazon)



Tug of war



Festival inflatable bag (ebay £6)



Make a weighted snake to hold, sit with or squeeze.  
Fill a long sock or knee high sock with rice.



Place the sock inside the other sock for strength.



Fill a box with ball pool balls or cushions for more pressure when sitting.

## Balance activities.

Use cushions as stepping stones



## Tactile idea

Place sensory boxes filled with rice, rice crispies, pasta into a larger cardboard box to reduce the mess for children to explore. Hide toy animals in them to find, letters, numbers shapes etc. Try hiding motivating toy items for them to find. Sensory bottle can engage children and provide weighted work picking them up to explore. Scoop and pour, sorting activities can engage for some time Place a mat under to lift and pour ant bits back into the box. If the child may eat items place them in a zippy bag to explore or bottle. Allow room in the bottle for items to slide as the bottle is



moved. Glue on the lid and tape it up to avoid it being

WHAT SENSORY BIN?



removed.

*Calm Down*  
**Sensory Bottles 101**



**HOW TO MAKE A  
GLITTER  
SENSORY BOTTLE**



**Visual calming idea**

Glitter bottles and items in bottles to explore. Hot glue to lids on and tape with duct tape to avoid



spillage. Leave room for items to move in the bottle.



Make coloured rice to make up shakers and bottles.



Make a bubble shaker



Water bead bags reduce mess but encourage play tapes edges for strength.

- zippy bag with

**Light box**

Make a light box: use fairy lights or battery operated tea lights. Try coloured tea lights and flashing items. or trace over letters, numbers shapes of the box.

Use it to play on placed under paper on the top

Use it to highlight shapes and colours.





### 3. pull cord vibration/massage toy

Vibrating brush for deep pressure brushing



Massager



Cushion to sit on



Vibrating roller to roll up and down legs/back



Spiky balls can be used to roll over hands, arms, legs and back.

Feely bag gmaes





Fill a pop sock/stocking with water beads tie the end to explore.