



OCCUPATIONAL THERAPY

Sensory Integration Activities

Sensory integration activities are designed to stimulate the appropriate sensory system and prompt the brain to process the information more effectively. Children need to touch different textures and play with them to develop good tactile processing. During your summer break here are some activities that will keep your child on the right track as well as promote the sensory skills needed to reach their fullest potential.

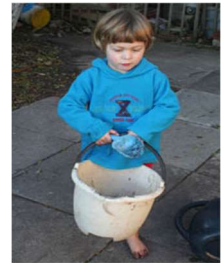


Playdoh Time: Children can squeeze, knead, and sculpture plenty of different shapes, characters, and objects. Let their imagination run wild. You and your child can even make homemade playdoh.

<https://www.youtube.com/watch?v=XnAXjiW5u3c>

Heavy Lifting: Using a bucket or big bowl of water, let your child carry it across the yard and see how much water they can keep it in. This help their bodies receive input into their muscles and joints.

<https://www.youtube.com/watch?v=KG3AO6IJ4BQ>

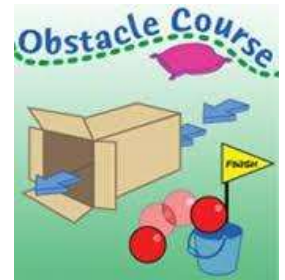


Wheelbarrow walking: Holding your child's hips or ankles and complete simple tasks.

<https://www.youtube.com/watch?v=umtTnKXkqc8>

Obstacle Course: Turn your yard into an obstacle course by having your child jump over sticks, go under a clothesline, and throw balls into a bucket. There are endless possibilities to what you can come up with.

<https://www.youtube.com/watch?v=ot5c099XIZA>



Textures: Different textures such as water, sand, orbeez beads, and cotton balls will provide essential yet fun ways to experience necessary tactile input.

<https://www.youtube.com/watch?v=CfAEzMCyzHc>