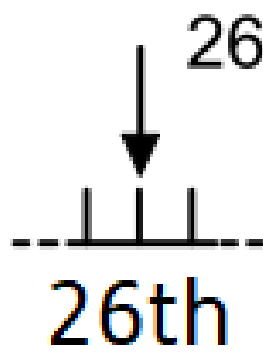


Friday



June



26th



Sensory



Activity

Take a Road Trip!

A great indoor or outdoor activity to set up with things you have lying around your home.

You will need tactile and interesting surfaces to walk barefoot on such as:

- Large pieces of fabric (eg. cushion covers, blankets, bedspread, towels)
- Off-cuts of carpet
- Foam packaging
- Corrugated cardboard, sandpaper
- Bathmats, doormats
- Bubble wrap, packaging
- Pillowcases filled with soft items – eg. cuddly toys, sponges, rolled up flannels

Sensory Benefits: tactile awareness; attention; gross motor co-ordination; spatial awareness; concentration; motor planning; balance

What you do:

- Together with your child, set up a 'road' with the objects for you to walk or crawl on.
- Maybe add a play tunnel or tent (could be a sheet draped over a table or clothes-horse).
- You could tell a made-up story about a favourite character going on a journey – where are they going, what happens along the way. Or read a story about a walk such as 'We're Going on a Bear Hunt', 'The Gruffalo' or 'Rosie's Walk'.
- If you're outside you could add trays of water, gloop, soil or jelly for extra messy fun!
- Gradually move the surfaces further apart to encourage balance, stretching, jumping and confidence.



Please send us a photo or video of your Road Trip! 😊

