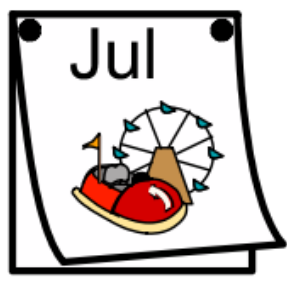
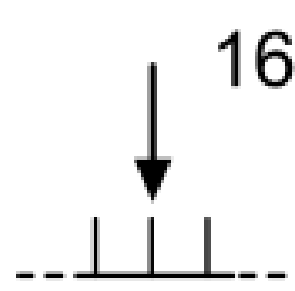


Thursday



July



16th



Sensory



Activity

Laundry Laughs or Washing Day Wiggles!

This activity is a fun, shared sensory experience ideal for helping to regulate a sensory-seeking child.



Sensory Benefits:
tactile, vestibular,
proprioceptive;
motor planning,
gross-motor skills

You will need:

- A 'washing machine' - a large sheet or single duvet cover or if you have a lycra body-sock or piece of stretchy fabric these work really well too. Even better if you can sew the fabric into a tube or use strong safety pins to pin it together.
- 'Washing powder' – ball-pit type balls or bean bags or pairs of socks bunched together to make lots of balls
- A large safe carpeted floor or with a rug - space with enough room to stretch out on the floor and swing your child about



What to do:

- This is a role play between you and your child, so start off by asking questions such as, "Time to do the washing today! Now are you clean or dirty washing?"
- They're sure to be 'dirty'! "Okay dirty washing into the washing machine you go" and get your child to wiggle into the fabric tube or duvet cover.
- "Here comes the washing powder" and sprinkle the balls/socks onto your child in the tube.
- "Would you like a slow wash or a quick wash?" You will need to vary the speed according to how your child will respond. Rock your child backwards and forwards holding both ends of the tube as you do so. If you have another person available you could have one end of the tube each and gently pick your child up off the floor and swing from side to side.
- When you sense it's time to change the pace, "It's time to rinse the washing!" If your child likes spinning, gently spin or roll around.
- "Now it's time to squeeze the water out." Get your child to stretch out inside the tube with their hands above their head or by their side and gently but firmly roll them side to side on the floor applying pressure with your hands.
- This last step is a really important time to calm and soothe your child's senses after the excitement of being 'washed'.
- "All clean – you can get out of the washing machine now." You could wrap your child up in a blanket, sheet or towel like the Sausage Roll activity:
- <http://ellentinkham.devon.sch.uk/homelearning/wp-content/uploads/2020/06/Thursday-25th-June-Sensory-KB.pdf>

If you have somewhere safe for your child to hang (like on a climbing frame), you could 'peg the washing out' and get them to hang by their arms, increasing proprioception, strength and muscle extension.