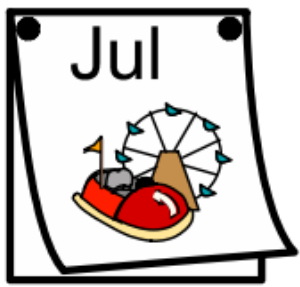
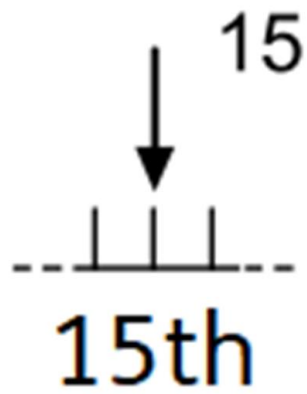




Wednesday



July



15th



Sensory



Activity

Supermarket Sweep!

Adapted from 'The Out-of-Sync Child Has Fun' by Carol Kranowitz

A fun and sociable activity which involves lots of heavy muscle work helping to keep the proprioceptive system in sync.

Sensory Benefits:

proprioceptive, visual; motor planning, gross motor skills, social-emotional skills



You will need:

- A sturdy, large laundry basket or tub, big enough for your child to sit in. This is the Shopping Trolley.
- A selection of unopened and sealed 'heavy' groceries such as packets of rice, beans, bottles of water/squash, cartons of juice, washing powder, fabric softener, tins.
- A couple of heavy books.
- Symbols of the items (see website for some examples to print or copy).

What to do:

- Collect the groceries and place or hide them around the room.
- Place the heavy books in the bottom of the tub/'shopping trolley' (for initial resistance when pushing)
- Time to go shopping! Turn the symbols upside down and ask your child to choose one. They then go 'shopping' pushing their 'trolley' to go and find the item that matches the symbol. Once found they lift the item into the 'trolley' and go back for another symbol.

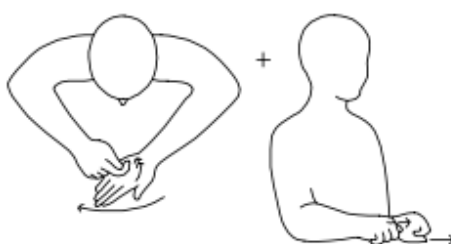
Alternatives:

- A sibling could be in the 'trolley' instead of the books and they go shopping together, taking it in turns to push the 'trolley'.
- For an extra challenge, you could use a timer and see how many groceries they can collect in a minute, 2 minutes or for less time pressure, just record how long it takes to collect 5 items or 10 items.
- Get your child to help hide the groceries – take turns with yourself or a sibling.



shopping trolley

Hooked index brushes palm twice and move to right



shopping trolley

