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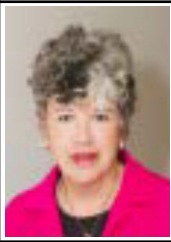






Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

Sensory Activities and Supports

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Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

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Supporting Parents and Caregivers of Students with High Needs During the COVID-19 Pandemic

The information and resources included in this resource guide are organized into ten different topical categories:

- Getting Started;
- Communication Skills;
- Literacy;
- Math;
- Science, Social Studies, and Current Events;
- Physical Activity and Mobility;
- Life-Skills and Self-Help Skills;
- Art;
- Sensory Activities and Supports; and
- Play and Leisure.

[Resource Guide](#)

[One-Pager](#)

[Getting Started](#)

- 1) Some Functional Tips
- 2) Self-Care for the Parent/Caregiver
- 3) Setting Up the Environment for Continued Educational Opportunities at Home

[Overview & Getting Started Webinar](#)

- [Download the Presentation](#)

Session Presenters & Goal



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Session Goal

- ✓ Provide an overview of the ***Sensory Activities and Supports*** section in the resource guide

<https://bit.ly/highneeds-sensory>

Sensory Activities and Supports

SENSORY ACTIVITIES AND SUPPORTS

Even though we are observing physical distancing, we remain [sensory beings](#), living in a sensory world. A place with sounds, smells, tastes, and sights. A place where we can move and a place where we can find stillness and calm. Each and every one of us, including our children, develop personal preferences and associations with sensations. Our response to sensory experiences are unique to us (see Figure 1). Some of us may notice things quickly, while others may miss things. Some of us may even take on an active role in controlling and adjusting sensory input - our seekers and avoiders. Others may let things happen and then react - our bystanders and sensitive souls. Some of us may even present with combined patterns dependent on how we receive and interpret sensory input (e.g., visuals, sounds, touch, smells, movement, body position, hunger, thirst). Understanding your own sensory patterns as parents and the patterns of your child may help you put strategies in place that meets everyone's needs and allows your child to stay focused and organized throughout the day.

Sensory Activities and Supportss

Figure 1: Dunn's Sensory Processing Model



Sensory Activities and Supports

PUTTING SENSORY ACTIVITIES AND SUPPORTS INTO PRACTICE

[Sensory activities and supports](#) can help set up your child for success in their learning and are an important part of helping with [self-regulation](#) (e.g., emotional regulation, sensory regulation, attention regulation). Understanding your child's sensory needs can help you develop a personalized [plan](#). Be sure to check with your child's school-based team for input and guidance in understanding your child's sensory processing patterns.

Sensory seekers and bystanders may need [more input and opportunities](#) throughout the day to fill their cup or [bank sensory points](#). Sensitive souls and avoiders may need more structure, familiarity, and [management of sensory stimuli](#) built into their day, so their over-responsive systems do not overflow their cup or deplete their [sensory bank](#). Depending on your child's needs, you can build in sensory activities that are [organizing, alerting, or calming](#). We are all wired differently and may need different supports and activities built into our day. Some supports, such as [movement breaks](#), can be used proactively to promote positive regulatory development. Sometimes you may need to mirror what regulation looks like by slowing your own pace, taking a deep breath, pausing, and performing a strategy, such as [deep breathing exercises with visual supports](#). Sensory supports may be an object like a fidget or weighted blanket. If your child seeks movement, [movement activities](#) can be structured into the daily routine, or added through a fun game, like tag. [Heavy muscle work activities](#) often have a calming and organizing effect on the body –climbing, digging, pushing and pulling can easily meet the needs of heavy work. Finding activities that meet your child's needs may require some detective work...be on the lookout for positive changes (e.g., greater attention, participation, joy, and tolerance to life's ups and downs).

Sensory Activities and Supports

ADDITIONAL RESOURCES

Sensory Rich Activities

- [Sensory Tables](#)
- [Play Dough](#)
- [Shaving Cream Activity Tray](#)
- [Bubble Bin Sensory Play](#)
- Magnetic Blocks
- Finger Painting
- Play with Putty
- [Yoga](#)
- Swinging

Sensory Resources & Guides

- [Sensory Processing Checklist](#)
- [Banking Sensory Points](#)
- [Living Sensationally: Understanding Your Senses](#)
- [A Guide to Sensory Integration for Adolescents and Young Adults](#)
- [A Guide to Sensory Integration for Parents](#)
- [Supporting Sensory Processing Differences for People with Autism Spectrum Disorders](#)
- [Interoception Kit](#)
- [Sample Regulation Scale](#)
- [DIY Ways to Meet a Child's Sensory Needs at Home](#)
- [Trouble with Self-Regulation: What You Need to Know](#)
- [Using Multisensory Activities to Help Young Children Learn](#)
- [Sensory Play for Kids with Special Needs](#)

Thank You! – Be Safe!

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We are all in this together!