

## Sensory Benefits

Sensory play is really important in all years. Starting from Early years through to key stage 2. In class children might find it difficult to sit still or concentrate, they may have meltdowns during transitions from one activity to activity to another.

Sensory tools help a child like a

Sensory ball used for calming and stretching fingers

Small rake used in sand or shredding paper for releasing tension or stress.

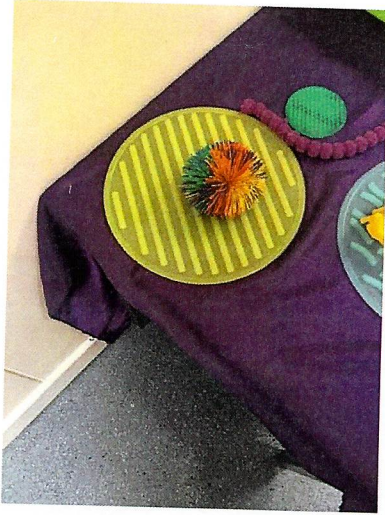
Mindfulness is also part of sensory. Take child to quiet room and let them colour for 10 minutes before doing any work for them to be able to self-regulate or chill before using their brains in class.

I use a positivity jar with little words or phrases in. Each child will pick one and read it. Encourage the child to remember you are amazing, you can do this. It's nice to hear sometimes.

Brain breaks to use sensory equipment or just to give the child or group time out before they boil over. Sensory station or sensory box is always good to have in each class or corridor. Play dough, puppets or anything sensory can be used.

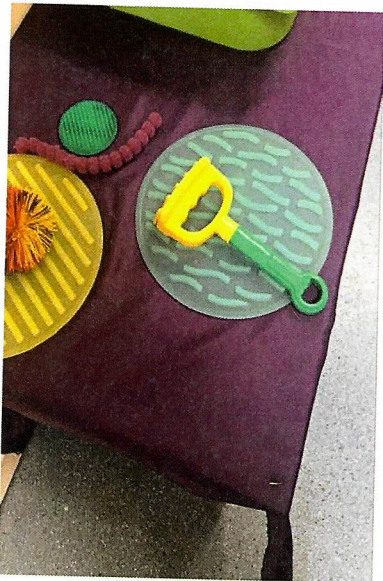
Sensory circuit, using trampoline and obstacles can also be used to try and get the child or children ready to enter a classroom. Benefits of this are to try and get them to use excess energy and remain calm and ready to begin the day.

Yoga is another form of sensory. Using flash cards with yoga poses on, this gets the children in a good mind-set to start their day.

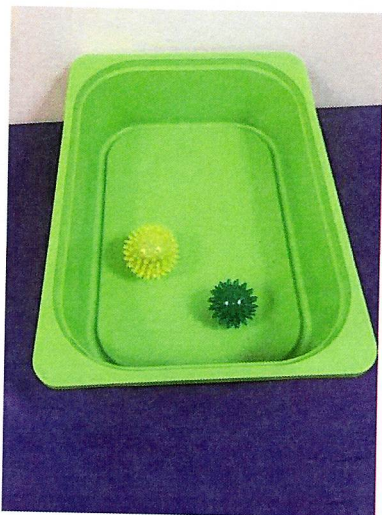


stretching fingers

Sensory stress ball. Used for calming and



Small rake, used in sand or shredding paper tray. Used for releasing tension/stress



Sensory ball, used for rolling up/down arm for calming and massage, to release tension