

## **Month 1: Sensory Processing Infant and Toddler Activities**

### **Rocking**

- with the child in your arms or on a rocking chair, gently rock them back and forth

### **Massage**

- have the child lie on their stomach
- use raindrop movements down their body from their fingertips to their toes
- ensure that one hand is always touching the child. Try to make the massage seamless.
- Stroke down the body and out along the arms
- Work your thumb down their body in circles
- Use different materials on their skin and talk about the different feelings i.e. this one feels rough, this is prickly, this is smooth.
- Gently squeeze down the body and along the arms and legs (remember their fingers and toes).
- Tell a story while you massage. You could make up a story that is based on what you're doing. For example, gently tap your fingers on her skin like raindrops while making up a story about them.
- You can also sing gently to them.
- Make a massage box to use at "touching time". It could include:
  - o A scarf
  - o Ribbons
  - o Soft fabric
  - o Coloured string to gently pull between the fingers and toes
  - o Wool
  - o A rubber ball
  - o A koosh ball
  - o A cardboard cylinder to roll on the skin
  - o A straw to blow on the skin
  - o Feathers

### **Lullaby and Other Songs**

- sing rhythmic songs throughout the day
- if the songs include actions, do hand over hand to help the child do the actions

### **Swinging**

- swinging is a great activity to do with children if your facility has an indoor or outdoor swing
- push the children back and forth, side to side, and around in circles
- if you don't have a swing, have a child lie in the middle of a blanket; have 2 adults, one grabbing each end of the blanket and swing the child back and forth

### **Music**

- play different types of music for the children throughout the day (i.e. fast and slow songs, repetitive music)

### **Sheet Slide**

- have the child lay on their tummy on the sheet and pull the child around the room
- have the child lay on their back on the sheet slide and pull the child around the room
- more than one child can sit on the slide, and other children can help to pull the sheet

### **Body Painting**

- using a variety of brushes, pretend to paint different body parts of the children and have them paint themselves

### **Exercise Ball Activities**

- have the child lie on their tummy on the ball and roll them gently forward and backward, and side to side on the ball
- have the child lie on their back on the ball and roll them gently forward and backward, and side to side on the ball
- have the child sit on the ball and gently bounce them up and down

### **Cocooning**

- wrap a child tightly in a sheet, blanket, or beach towel, and then hold tight like a caterpillar in a cocoon
- place a blanket on the floor with foam pieces or sponges on top for the children to crawl through
- create space in a tent filled with body pillows and duvet covers/sleeping bags filled with foam pieces

### **Climbing a Mattress Hill**

- place the foot of a mattress or mat on the floor and the head on top of a raised surface; have the child climb the mattress to get to the top of the "hill"

### **Tunnel Play**

- have the children crawl through a small tunnel, boxes with holes cut at the top and bottom, or pile of pillows

### **Hand Clapping Games**

- for example, paddy cake