



**Springfield School
Sensory Processing
Activities and
Information Booklet**

Do You Know Me?



If I have several of these characteristics I may have Sensory Processing Disorder

I have Sensory Processing Disorder - SPD, for short. That means my brain can't process sensations the way other people's brains do. When my brain gets information through any of my senses - sight, smell, hearing, taste, touch, movement - it doesn't always know what to do with the information. I can become very disorganized and confused! Sometimes I over-react to all this sensory input or maybe I don't react enough. Depending on what senses are involved, I may have trouble with jobs that come naturally to other kids, even feeding myself or putting on clothes. This makes it really hard for me to function at school, in public, and even at home. I might have trouble learning or making friends, and I may have a lot of tantrums and meltdowns. I can be really shy and withdrawn from everyone, even my own mom and dad!

Because I never know what's going to set off my sensory alarms, I'm often afraid of activities all the other kids enjoy. It's tough being sensational.

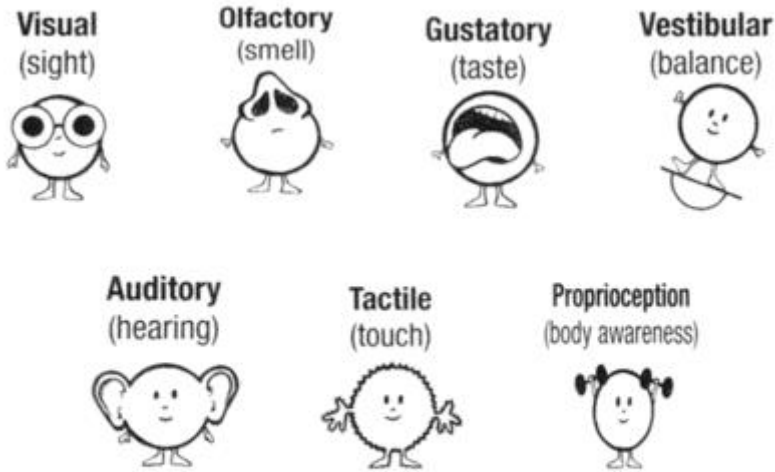
So do you know me? Or someone like me? Scientists say as many as 1 in 20 kids has symptoms like mine. You can do lots of things to make stuff easier. Please, be patient and understanding with kids like me. If you're my teacher or my doctor or anyone in my life, learn all you can about Sensory Processing Disorder. The Sensory Processing Disorder Foundation makes that super easy by running the biggest SPD website in the whole wide world and by putting on all sorts of cool educational events. If you're my parent, please remember there is hope and help for me in occupational therapy with a sensory integration approach.

For more information visit www.spdfoundation.net

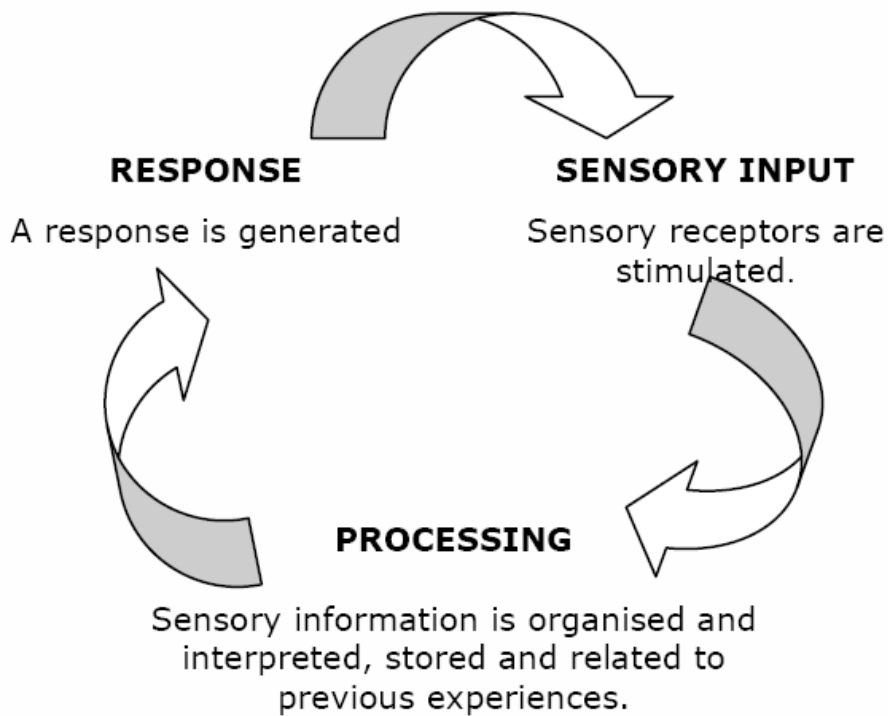
© 2015 Sensory Processing Disorder Foundation. All Rights Reserved.



Sensory Differences



Smith-Myles, B; Cook, KT; Miller, N; Rinner, L; and Robins L. (2000) *Asperger Syndrome and sensory issues: Practical solutions for making sense of the world*. Shawnee Mission, KS: Autism Asperger Publishing Company. Used with permission by Autism Asperger Publishing Company.





Springfield Sensory Processing Activities and Information Booklet

Information on the Sensory Processing Activities

- Activities cannot be deemed as alerting or calming as this is dependent on individual pupils. Pupil A may find being rolled in a blanket an alerting activity whereas Pupil B may find it a relaxing activity.
- Try to integrate the activities as part of your everyday routine e.g. doing chair lifts before the pupils begin their main activity or playing skittles during maths while rolling on a gym ball.
- Some pupils may need an activity that is alerting for them before doing a work activity that requires concentration.
- Some pupils may need an activity that is relaxing to ensure they are able to concentrate on a work task.
- If possible try to do the activities in a sensory deprived environment e.g. quiet environment to allow the pupil to concentrate on what they are doing - 1:1 rooms can be a good place for this in classrooms.
- Remember it may take several sessions for pupils to take part in an activity so don't write an activity off just because they do not take part straight away - adult demonstration is key.
- It is worth creating a list of alerting and calming activities for each pupil this will also be useful for transition.
- Ensure that the equipment you may need for an activity is easily accessible so it is available at all times.
- Provide movement breaks throughout the day. How often you do the activities will be dependent on the pupil.
- The behaviours that are described under each heading are typical of children with ASD, therefore, we may not be able to stop them from doing this behaviour but manage it so that they are able to engage in other activities more effectively.



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Proprioceptive Processing Difficulties

- *Signs include running, crashing, bumping, stiff uncoordinated movements, poor spatial awareness, craves deep pressure, poor pencil grip*
 - Carrying heavy bags
 - Muscle squeezes/pressure massage
 - Bear hugs
 - Rolling up in blankets
 - Obstacle course
 - Chair/wall press ups
 - Human sandwich
 - Squashing using bean bag
 - Jumping and throwing self onto a crash mat or large bean bag
 - Pulling on a rope which is tied tightly to an object
 - Skipping with a rope
 - Running with a plastic bag kite
 - Hitting objects with a hammer e.g. nails in wood, boiled sweets in a bag
 - Stretchy bands
 - Tunnels/fabric tubes
 - Pushing large tub e.g. laundry basket with heavy objects in side
 - Rolling/pushing tyres
 - Popping bubble wrap
 - Crawling under blankets



Springfield Sensory Processing Activities and Information Booklet

Activities to Increase Body Awareness

- TACPAC
- HANDIPAC
- Sensory Massage
- Simon Says
- Facial Massage
- Get pupils to touch body parts with their eyes closed
- Action songs e.g. sticky kids or hokey cokey
- Action activities
- Touch body parts with other body parts e.g. knee with your nose
- Use a body part to bat a ball
- Yoga
- Mr Potato Head
- Making a body puzzle by drawing around the pupil
- Touching different body parts in front of a mirror so pupil can see themselves
- Use pictures of faces missing facial features and get pupils to say what is missing
- Weaving in and out of objects
- Personal space prompts e.g. a hoop or mat to sit on during circle time.
- Mat man



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Oral Processing Difficulties

- *Signs include chewing sleeves, making strange noises, mouthing non-food objects*
 - Face and mouth massage
 - Chewy tubes or toys
 - Crunchy/chewy foods
 - Sports bottle for drinking
 - Sucking thick liquids through a straw e.g. jelly
 - Trying a range of foods
 - Blow pens
 - Blow football
 - Using straws to pick up items e.g. balls of paper
 - Bubbles
 - Balloons
 - Massages on face and in mouth using electric toothbrush



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Vestibular Processing Difficulties

- *Signs include spinning, jumping, teeth grinding, poor coordination, seeking adult support when balancing or walking up stairs, often stumbles and falls*
 - Rolling over an exercise ball in different directions
 - Exercise ball bouncing and activities
 - Space hopper races
 - Jumping on a trampoline
 - Jumping on the spot
 - Star jumps
 - Touching toes
 - Swinging in a blanket/hammock
 - Spinning on a chair
 - Forward rolls
 - Parachute games e.g. washing machine
 - Balance boards
 - Circle games e.g. ring a ring a roses
 - Creating a simple seesaw to walk across
 - Jumping to songs or rhymes on a trampette
 - Rocking or rolling inside a large barrel or tunnel
 - Singing songs with an adult involving movement e.g. sat on floor holding hands and rocking while singing row, row, row your boat
 - Log rolling
 - Wheelbarrow - walking on hands
 - Swings - either sat on swing or led with stomach on the swing
 - Spinning with ribbons
 - Circle songs such as hokey cokey
 - Sensory box - large box (big enough for a child) hang objects from string inside the box and get pupil to crawl through the box
 - Riding bike or scooter or running through objects
 - Balancing bean bags on their head



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Tactile Processing Difficulties

- *Signs include oversensitive to unexpected light touch, dislike messy play, constantly touching things and people, dislikes hair or teeth being brushed, dislikes being dirty, difficulty manipulating toys and tools*
 - Opportunities to explore a range of different textures with different body parts
 - Writing letters, shapes or figure of 8 in different materials e.g. paint, shaving foam, sand, gloop, thick custard, jelly
 - Find objects hidden in a range of materials e.g. paint, shaving foam, sand, gloop, thick custard, jelly
 - Making shapes or pictures out of cooked spaghetti
 - Playing with playdough
 - Tubs or trays of different material to stand in or put hands in
 - Walk/put hands in flour/baby powder and make paw prints on dark paper
 - Paint in zip bags and get pupils to write in the paint through the plastic
 - General art activities
 - Create a tactile road using different materials and get the pupils to walk along it - make up a story to go with the different textures e.g. we're going on a bear hunt.
 - Dressing up in different clothes/materials
 - Feely bag games
 - Twisting activities e.g. plastic bolts and nuts, screw top containers.



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Auditory Processing Difficulties

- *Signs include hands over ears, fingers in ears, distress during loud noises, may appear inattentive, short attention span, trouble following verbal instructions.*
 - Ear defenders
 - Headphones with music
 - Quiet area in class e.g. 1:1 room
 - Musical walks - musical instruments played behind child as they walk
 - Tapping tunes - using pencils etc on different surfaces
 - Tapping along to music using paper plates in different positions - pupils follow adult lead
 - Matching sounds - containers with different objects in pupils to match the containers together e.g. 2 containers with screws in
 - Musical hoops - jump, hop and run between hoops in a circle pupils stop in hoop when music stops
 - Music songs which encourage movement e.g. sticky kids, walking through the jungle
 - Sound bingo



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Olfactory Processing Difficulties

- *Signs include unable to smell strong smells, find smells too strong (can make them feel ill or they will tell others they smell), uses smell to interact with objects*
 - Exploring a range of different smells
 - Having a cloth that has a smell they like on it
 - Scented flashcards
 - Smell and tell - smell different materials and talking about them
 - Smash and smell - pupils to smash objects and then smell e.g. cinnamon sticks
 - Smello - bingo with smells



Springfield Sensory Processing Activities and Information Booklet

Suggested Activities for Visual Processing Difficulties

- *Signs include waving hands/objects in front of face, dislikes bright lights, difficulty keeping eyes focused on task, distracted by movements in class, avoids eye contact, struggles to tell the difference between shapes colours etc.*
 - Looking at self in a mirror - Eye contact
 - Finding all the 'o' or other letter in a piece of text and colouring them using a pen
 - Creating visual timetable
 - Rolling balls into a target e.g. bucket on its side
 - Games such as Velcro pads and ball and beanbag/ball and scoop with another person
 - Fishing with magnetic rod and fish
 - Hunting for small objects on the floor e.g. paper clips
 - Junk modelling
 - Wheeling/rolling cars/balls/water down a ramp or guttering
 - Using a hose or water gun to hit plastic bottles off a wall
 - Flashlight tag - dark room both adult and pupil have a flashlight - pupil has to try to catch adults light on the ceiling
 - Identifying items on flashcards when swinging on a swing
 - Searching for objects using a magnifying glass
 - Throwing objects into a container



Springfield Sensory Processing Activities and Information Booklet

Examples of Sensory Processing Activities in Lessons

Maths

- Number - Playing skittles while sitting or rolling on a gym ball
- Number - Use of textured or scented number cards
- Time - How many times can you do chair lifts/ wall push ups in a minute
- Data - Throwing coloured beanbags into different coloured containers
- Weight - Feeling different pressures and weights through sensory massage or weighted containers being rolled over their body
- Length - Feeling different materials of various lengths
- Shape - Exploring different textured shapes

CLL

- Exploring different materials through sensory stories
- Going on sensory story walks using a tactile road e.g. going on a bear hunt
- Writing in different materials e.g. sand, gloop
- Phonics - Finding objects starting with different sounds hidden in different materials e.g. playdough
- Sound bingo
- Using a washing line and flashcards to spell out different words.



Springfield Sensory Processing Activities and Information Booklet

Suggested Reading List

- The out of sync child - Carol Stock Kranowitz
- The out of sync child has fun - Carol Stock Kranowitz
- Too loud, too bright, too fast, too tight - Sharon Heller
- Sensory circuits - Jane Horwood
- 101 games and activities for children with Autism, Asperger's and Sensory Processing Disorder - Tara Delaney
- <http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/integrated-therapies/occupational-therapy-2/activity-sheets/>
- www.spdfoundation.net
- **(Sensory Processing Disorder Foundation)**