



Sensory Motor Activities

What are the Benefits of sensory motor activities?

1. Improvements in Motor Skills

- Postural stability/balance/bilateral integration
- Upper half Stability-shoulder strength
- Hand Function and dexterity
- Handwriting

2. Improvements in Social/Emotional

- Increase in confidence
- Less Anxiety
- Willingness to attempt new activities
- Friends/social skills

3. Improvement in behaviour and readiness to learn:-

Sensory regulation and Attention



Sensory Motor Activity Ideas for home:

1. Lying on tummy:

Over a footstool or small chair or exercise ball if you have it



2. Crawling on all 4s:

Through a tunnel, under a blanket, upstairs, under a table



3. Commando crawling:



4. Jumping x 10:

On the spot (you can hold hands to control force of bounce) , forwards on to a target (ie patterns on a carpet or different tiles), in a puddle or a trampoline



5. Rolling:

Whole body roll to knock down skittles or toilet rolls





6. Row you boat:

Sit facing each other in a tailor/cross legged sitting position. Reach out and hold hands in front of your bodies and begin to alternately push and pull so that upper bodies rock forward and backward with each motion, like rowing a boat.



How to Change it up:

- Sing Row, Row, Row Your Boat or another favorite song as you do each of the activities, rocking/rolling/swaying to the rhythm of the song to add to the calming effect.
- Experiment with moving fast and slow – have the child be the captain of the boat, telling you how to move!
- See if you can create more fun ways to ride the waves!

Please note:

Your child should be supervised at all times when engaging in the activities described.

The length of time your child engages in the activities should be as tolerated by them. They should never be forced to partake in activities but should be encouraged appropriately.

If you have any concerns – please do not continue with activity.