

Nursery Sensory Room Ideas

- Aim is for the child to explore the environment and access sensory stimulation that will help them to regulate.
- Follow the child's lead and see what they are seeking. Try to encourage some of the below activities:

Activity	How?	Why?
Trampoline bouncing	<ul style="list-style-type: none"> • Encourage controlled bouncing up and down • Hold their hands to assist if needed • Count slowly as they bounce 	Regulating movements
Sitting and bouncing	<ul style="list-style-type: none"> • Sitting the child in the centre – hold their hips firmly • Slow and controlled bounces up and down • Counting or singing during this 	Regulating movements
Pressure/ squeezes	<ul style="list-style-type: none"> • Following movement, use deep pressure to shoulders/arms • Or big squeeze hug • Counting up to 5 	Prevents overstimulation
Inversions	<ul style="list-style-type: none"> • Child lies on their tummy over the ball, peanut or barrels • Hold them firmly and assist with forwards and back movements • Controlled and <u>slow</u> , counting to 10 • Hold the upside down position for a few seconds 	Calming Aids focus

Barrels	<ul style="list-style-type: none"> • Use these for crawling through or climbing over • If the child lies inside – slow rocking side to side • Can the child push and move these too? 	Heavy work Aids regulation
Ball pit	<ul style="list-style-type: none"> • Encourage jumping and crashing inside • Digging with hands through the balls • Assist the child to climb out (pulling on you) – then repeat 	Tactile and heavy work Aids regulation
Deep pressure When in the therapy room, try to use deep pressure if the child is tolerant	<p>Pressure with therapy ball</p> <ul style="list-style-type: none"> • Child lies down or sits with legs straight (against wall) • Use the peanut or soft play roll onto their legs/body, rolling firmly & slowly <p>Pressure with weighted ball</p> <ul style="list-style-type: none"> • As above – instead use the weighted ball to roll up/down their legs, slowly <p>Squeezies through legs</p> <ul style="list-style-type: none"> • Child lying on back – bring their knees up to their chest and press firmly on knees/shins to give a big 'squeeze' • This works well in ball pit 	Calming input to prevent overstimulation

Note: each child is having or awaiting an individual assessment. Their Sensory Profile will include specific tools that work for them.

Nursery – Sensory Diet for Class

Activity	Why?
Heavy work <u>In class:</u> <ul style="list-style-type: none"> Any pulling/pushing tasks Such as holding your hands and pulling back forth whilst standing (row the boat) Pulling on lycra Pushing into surfaces (i.e. peanut, wall) – hand over hand <u>When outside:</u> <ul style="list-style-type: none"> During outdoor time try to promote increased heavy work activities Climbing, hanging, pulling and pushing Supervise/assist children with this 	Heavy work aids focus and helps to calm
Brushing <ul style="list-style-type: none"> Use the white therapy brush– start on hands and forearms (back first then palm) Slowly and firmly brushing downwards – count to 10 Followed by a squeeze to forearm – count to 5 Repeat – both arms/hands <i>(do not continue if the child is avoidant/becomes distressed)</i>	Tactile Calming, aids regulation
Deep pressure input – frequently (only if the child tolerates) <ul style="list-style-type: none"> Pressure on shoulders Forearm pressure – pushing/squeezing Lycra around waist – controlled squeezes Weighted ball – rolling up/down legs When sitting – pressure onto legs, hands, feet (squeezes) 	Calming Aids focus