

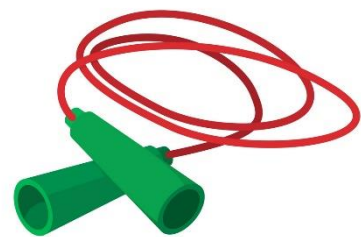
# Sensory processing and exercise ideas

- Jump on a trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags
- Create a 'Go Noodle' account, it is free and has lots of fun and free physical activities:  
<http://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on Youtube
- Jack Hartman Kids Music Channel on Youtube
- Kids Yoga on Youtube
- Cosmic Kids Yoga [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)
- Play Dough



# Sensory regulating activities

- Jump on a trampoline
- Running and jumping games
- Play in the sand pit using wet sand
- Bounce on a space hopper
- Skipping
- Jumping onto a crash mat
- Bouncing on an exercise ball
- Go for a run
- Star jumps
- Step ups: use the bottom step on the stairs

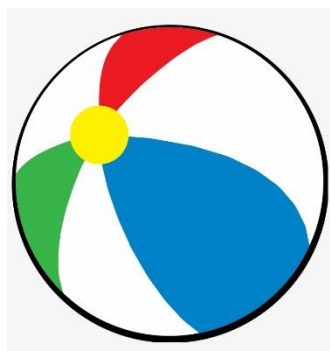


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# Sensory calming activities

- Provide a small box/tent with blankets or a cushion for your child to squeeze into to calm them
- Roll tightly in a towel or blanket
- Bear hugs
- Sit with a pillow/weighted blanket on your lap
- Fidget toys - have a selection in a box/basket
- Chewy tubes/gummy bears
- Blowing bubbles
- Swing in a hammock in a rhythmic pattern to calm
- Try a pilates plank
- Ball squash - child lies on their stomach and a ball is rolled up and down the child by an adult



# Websites and apps

- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources/TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- thelittleactivitychest.com
- Early Years Experience
- Go Noodle
- Twinkl