



Our Mission:
to deliver
thousands of Get
Sensory Packs to
disabled children
across the UK



In this booklet
you will find hints
and tips on your
sensory pack and
how to use it.

All items should be
used under adult
supervision.

John Caudwell is the Founder and
Chairman Emeritus of Caudwell Children.
By covering the charity's annual
administration and management overheads
through a personal donation he ensures
100% of all direct donations is used
to deliver services to help
disabled children and families.



To find out more, follow
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Bubbles



Supports with:

- 1. Visual tracking:** your child's ability to control their eye movements
- 2. Oral motor control:** your child's ability to control their mouth movements
- 3. Regulating arousal:** supporting how stressed or calm your child is
- 4. Vestibular & proprioception input:** supporting your child to balance and coordinate their movements



Things to try and why:

- 1. Bubble race:** who's bubble will float the highest?
- 2. Big bubble:** who can blow the biggest bubble before it pops?
- 3. Chase the bubble:** chase the bubble and clap with both hands to burst it – helps with coordination

Occupational Therapist Tips:

- To help calm your child use the bubbles with quiet and low level lighting/sounds.
- To burn off some energy use the bubbles outside by jumping around and popping them.
- Take care and be safe - do not give the wand or bottle to your child.



Weighted Cushion



Supports with:

- 1. Proprioceptive input:** supporting your child's sense of self-movement and body position
- 2. Regulating arousal:** supporting how stressed or calm your child is



Things to try and why:

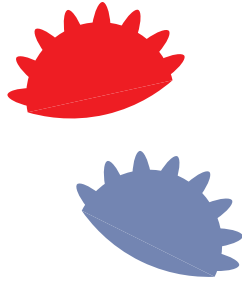
- 1. Mealtime help:** try to use your cushion at meal times at the table to offer a gentle pressure on your child's lap
- 2. Hitch a ride:** pop your cushion in a ruck sack for the child to walk around with - this creates additional heavy muscle work activity for a calming and regulating effect

Occupational Therapist Tips:

- Weighted cushions offer a gentle amount of pressure. This can be really helpful for children as it can act to calm and ground them.



Spikey Domes



Supports with:

- 1. Vestibular and proprioception input:** supporting your child to balance and co-ordinate their movements
- 2. Visual tracking input:** your child's ability to control their eye movements



Things to try and why:

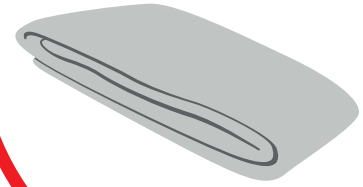
- 1. The floor is lava:** use the spikey domes as stepping stones to hop across to safety
- 2. In the army:** use your domes to create an obstacle course to move around
- 3. Visual twister:** call out a colour and ask your child to stand on the coloured dome

Occupational Therapist Tips:

- When your child practices moving their limbs across the middle of their body, this also helps their brain to co-ordinate other body movements that are used in other tasks like riding a bike or using cutlery.



Space Blanket



Supports with:

- 1. Tactile input:** what we feel - sensations such as pressure, texture, warm/cold
- 2. Auditory input:** what we hear, some children find sound difficult to process
- 3. Visual stimulation and tracking:** your child's ability to control their eye movements
- 4. Proprioceptive input:** your child's sense of self-movement and body position



Things to try and why:

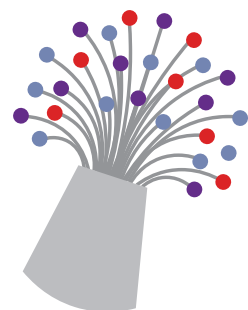
- 1. Scrunch up:** scrunch the blanket as small as you can then let go to watch it un-wrinkle
- 2. Listen up:** listen out for the noises your blanket makes as you play with it
- 3. Look out:** try and create reflections around the room and follow them around
- 4. Super hero:** wear your cape with pride, run around and pretend you are flying

Occupational Therapist Tips:

- Let your child control the amount of stimulation they receive from the blanket. Some children may need to gradually work up to touching and using the item. That's OK, let your child lead you about their sensory play.



Fibre Optic Lamp



Supports with:

- 1. Visual input:** providing sensory stimulation through your child's eyes
- 2. Regulating arousal:** supporting how calm or alert your child is
- 3. Tactile input:** supporting your child to develop their sense of touch



Things to try and why:

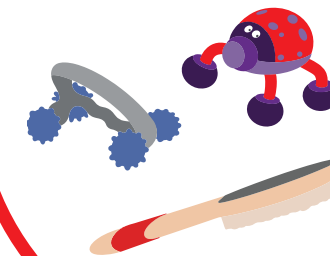
- 1. Dark den:** use cushions and blankets to make a relaxing space with your lamp
- 2. Wind down:** use the lamp as part of a routine to signal calmer times
- 3. Colour match:** help your child to say what the colours of the lamp are and then find things around the room that are also those colours

Occupational Therapist Tips:

- Your lamp can be used to calm and occupy your child.



Massage Trio



Supports with:

- 1. Tactile input:** what we feel, understanding and tolerating sensations such as pressure and texture
- 2. Regulating arousal:** supporting how calm or stressed your child is
- 3. Body awareness:** helping your child to be more aware of their body
- 4. Proprioceptive input:** your child's sense of self-movement and body position



Things to try and why:

- 1. Tactile defensiveness:** some children can be VERY sensitive to touch. Use these items to explore how your child processes touch. Some children may enjoy certain items but not others. Explore this with your child at their pace.

Occupational Therapist Tips:

- Encourage your child to use the massager themselves - they can then control the level of pressure they are happy with.
- Try different levels of pressure. Deep pressure tends to be more relaxing, light pressure tends to be more stimulating.



Liquid Cell Timer



Supports with:

- 1. Visual stimulation and eye tracking:** your child's ability to control their eye movements
- 2. Regulating arousal:** supporting how calm or alert your child is
- 3. Visual representation of time:** this helps your child to understand how units of time pass



Things to try and why:

- 1. Calming effect:** watching the bubbles trickle down - count the time that passes as the movement happens
- 2. Timed task:** can you jog on the spot until the bubbles finish moving?
- 3. Race the timer:** can you put that toy in the box before the bubbles finish moving?

Occupational Therapist Tips:

- Encourage your child to turn it around themselves.
- It may be useful to use the timer to support your child with 'now and next' to move from one task to another.



DIY Dark Den



Occupational Therapist Tips:

- **Mix and match:** Why not try and create your very own sensory space at home. This can be a safe space for you and your child to go play and explore all the different sensory objects. You can add your own sensory toys or equipment as well.
- Please use all objects under adult supervision.



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