

Sensory Play Activities: I love to Move



They never sit still, they're climbing everything!




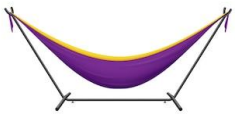

Your child might enjoy moving sensory play.

<p>How the moving sense helps us in everyday life</p>	<p>Being able to notice if we are moving is very helpful in every day life. This sense helps us stand up and sit up against gravity. This sense helps us control our movements. This sense can help us calm down or relax by rocking or being pushed in a swing.</p>
<p>Why does my child move?</p>	<p>Everybody needs to move each day to feel good in their body. Some children move lots, because their moving sense helps them feel happy, good and calm. The moving sense is very powerful for feeling calm, because it is the sense used to help babies calm by rocking them.</p>
<p>What is the moving sense?</p>	<p>When we move, we use our <u>VESTIBULAR</u> sense. This means the way we feel if we are moving forwards or backwards, spinning in a circle, or upside down. This sense lives inside the ears, and that's why when we feel dizzy, we can feel it inside our head.</p>

If your child seems to show you with their body that they love to move, think about ways to add more moving sensory play into their daily routine. This could be through play, through items you have at home, or through extra toys available to buy.

Everyday home activities for the Moving Sense

<p>Park play</p> 	<p>Being lifted up</p> 
<p>Lying upside down over the edge of the couch or bed</p> 	<p>Sitting on a scooter or skateboard and being pushed</p> 
<p>Rolling along the bed and off to crash land in a pile of cushions</p> 	<p>Playing 'heads shoulders knees and toes'</p> 

Toys available to buy for the Moving Sense	
A gym ball 	A rocking chair 
Bike 	Hammock 
A mini trampoline 	A swing 