

Sensory ideas



Sensory activities can be a great way to communicate, express yourself and have fun!

Belly Dancing
Use props such as scarves and bells as you practice your belly dancing skills!
Belly dancing originated in Egypt, how about taking a sensory exploration using sand, exploring the shapes of the pyramids and having a go at building your own?

Pasa Doble
The famous Spanish style of dance otherwise known as the 'double step'.
Watch an online video and have a go at recreating your own version!
Explore traditional Spanish music and even cook a Spanish dish for after your dancing!



Try out a sensory massage session (see next page for the story).
Use the power of touch to explore a story through guided relaxation. Create gentle patterns on your child's arm or back as you tell the story.



STORY MASSAGE

Choose a move to add to our routine
Some ideas...

3 "Spanish claps"



Marching in a line or on the spot



Waving arms



Twirl in chair or spin



Try out one of the free sensory stories by Pete Wells.
Explore the themes using sensory props you have in your home. Can you re-enact a scene from the story?
<https://sensorystoriespodcast.com/free>



FIVE LITTLE SEEDS – Anon

www.storymassage.co.uk

	Five Little Seeds Five Little Seeds,
	Three will make flowers, And two will make weeds.
	Under the leaves And under the snow,
	Five Little Seeds are Waiting to grow.
	Out comes the sun, Down comes a shower,
	And up come the three Pretty pink flowers.
	Out comes the sun That every plant needs,
	And up come two Funny old weeds.