

A Guide to Sensory Play...

CHILL OUT!

Hello everyone, welcome back! As I briefly explained last month, due to 'Clubs' changing for the term the newsletter will now be about wonderful 'Sensory Play'!

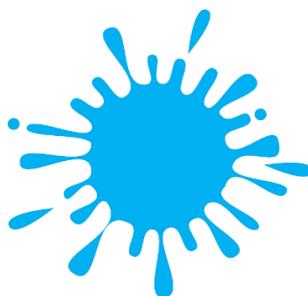
During the busy run up to Christmas I decided the children would benefit from relaxing chill out sessions. So out came the foot spas, duvets, gel beads and massage cushions!

Splish Splash!

At school we are lucky to have foot spas readily available to us. The children love splishing and splashing; we have seen fabulous reactions/responses!

Benefits of a foot spa:

- Relaxation and stress reduction
- Helps with blood circulation
- Helps to get rid of toxins
- **IT'S FUN!**



Gel Beads...

It was lovely to see so many families and friends at our Christmas Fair. I was selling 'gel beads' to raise money for our Sensory Room – thank you to everyone who bought a bag!

Whenever I can I like to use gel beads with our pupils. They provide excellent sensory experiences and can be very therapeutic for some of our children, but overall they are just FUN!

I often use gel beads as an alternative to a foot spa during our Friday Club. Gel beads can be explored with hands and feet in a bowl or by adding hot water they can act as a makeshift foot spa.

If you purchased a bag of gel beads I would love to see your child enjoying them at home! Please email me at sensoryparent@acorns.lancs.sch.uk to feature in next month's newsletter!



Important Reminder: Please ensure children don't put gel beads in their mouth!

A Guide to Sensory Play...

Christmas

It's the most wonderful time of the year...

With Christmas soon approaching here are a few sensory ideas for your little angels to enjoy during the Christmas holidays.

Christmas Sensory Bin...

Christmas sensory bins are quick, easy and affordable to put together (I purchased everything from PoundLand).



Here's what you'll need:

- A tray or tub
- Fake snow
- Candy canes
- Bells
- Small tubs
- Christmas scents e.g. cinnamon etc.
- Light up Christmas toy



This sensory bin is fantastic as it incorporates many different tempting stimulus to excite your child's senses; taste, touch, sound, smell and overall it's very visually stimulating.



Hot Chocolate Season...

There's nothing better than a hot chocolate on a cold winter's day. If your child isn't too keen on hot chocolate why not make it into a messy/sensory play session by creating 'Hot Chocolate Cloud Dough'!



How to make Hot Chocolate Cloud Dough:

- 8 cups of plain flour
- 2-4 cups of hot chocolate powder (add enough to get the colour and scent that works for you)
- 2 cups of vegetable oil

Thank you for reading the Sensory Play Newsletter!
I hope you all have a fantastic Christmas and a brilliant New Year! See you all in 2017 for more sensory ideas and information!

Many thanks, Jenny (Teaching Assistant) ☺