



the sensory
workout program

Making The Leap Into Sensory Success

Early Intervention 2-6



Introduction

The **exercises are color coded** and organized for practical and clear understanding.

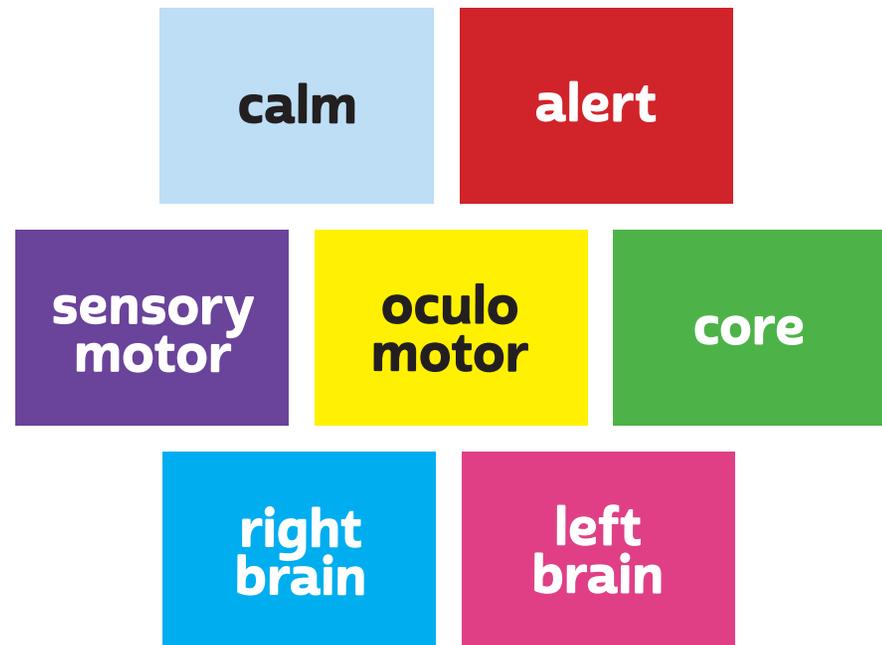
Follow the color-coded card and specific time frame suggestions for each exercise, **it's that EASY!**

It is suggested that the program be performed **2x per day**.



Let's get started

**The SWP
can be 30, 45
or up to 60
minutes**



Set up your cards in this order:

- 1-2 LIGHT BLUE CALMING or 1-2 RED ALERTING;
- 1-2 PURPLE SENSORY MOTOR PREPARATION;
- 1-2 YELLOW OCULOMOTOR;
- 1-2 GREEN CORE WORKOUT;
- 1 BRIGHT BLUE RIGHT BRAIN or 1 PINK LEFT BRAIN CARD;

Introduction to **Calming Activity**



Some children will need a Calming Activity to begin the Sensory Work Out Program (SWP), there are many situations throughout the day that can trigger stress and frustration.

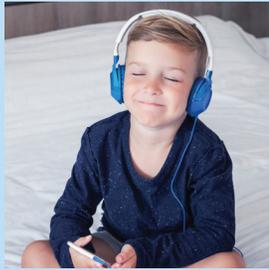
A Calming Activity will allow the child to relax, regulate and prepare for the next step in the SWP

Calming Activity

Sensory Preparation Calming - Deep Pressure Squeezing/Hugs



Bean Bag Chair or
Comfortable Seat



Soft Relaxing Music

Let's Begin:

#10 firm compressions to the top of head and forehead

#10 deep squeezes to shoulders

#10 deep squeezes to the forearms

#10 deep squeezes to the trunk and hips

#10 deep squeezes to the thighs

Repeat for 2-3 trials

May use soft relaxing classical music or nature sounds in a quiet space

Calming Activity

Sensory Preparation Calming Brushing Textures



Bean Bag Chair or Comfortable Seat



Large Powder Puff



Silky Cloth



Lambswool



Soft music as an option

Let's Begin:

With moderate pressure:

Soft Powder Puff - Both arms and legs

Both Arms Up and Down X10

Both Legs Up and Down X 10

Back and Over Shoulders X10

Smooth Silky Cloth - Both Arms and Legs

Both Arms Up and Down X10

Both Legs Up and Down X 10

Back and Over Shoulders X10

Lambswool Cloth - Both Arms and Legs

Both Arms Up and Down X10

Both Legs Up and Down X 10

Back and Over Shoulders X10

May use soft relaxing classical music or nature sounds in a quiet space

Calming Activity

Sensory Preparation Calming - Rocking Chair



Rocking chair/ large enough to comfortably support head, neck and full trunk



Headphones/Music player/ soft classical or nature sounds (optional)



Weighted blanket/ soft cover (optional)



Fidget toy (optional)

Let's Begin:

Child is seated comfortably in a chair

Place the weighted lap pad, blanket or soft cover on the lap. As optional use the soft music with or without headphones.

Rock forward and back at a slow and steady pace

Calming Activity

Sensory Preparation Calming - Therapy Ball



Medium Size Therapy Ball



Headphones/Music
player/ soft classical
or nature sounds
(optional)



Music Player

Let's Begin:

The Helper sits in front of the Participant (Child)

The Child sits on the Ball, the helper gently rocks the child Left/Right while hands are placed on the child's hips 10X L and R then forward and back 10X forward and backward

The child lays on tummy and the helper rocks the child as above 10X L and R then forward and back 10X forward and backward

The child lays on the back and the helper rocks the child as above 10X L and R then forward and back 10X forward and backward

Repeat if time permits and Child demonstrates need for more calming sensory input

Calming Activity

Sensory Preparation Calming - Rice/Sand Treasure Bin



Rice



Sand

Create your sensory bin with a theme in mind! (ocean, animals, shapes)



Plastic bin with a variety of objects such as beads, coins, pom-poms, wooden ½ inch shapes and a variety of preferred small ½ inch toy parts/toys.

Let's Begin:

Hide the objects in the sand or rice

Allow the child to dig deep into the bin , fishing for the objects.

Make a game and have child fish for number, specific, Color, Shape, Size and Category

Fishing out and burying objects

Calming Activity

Sensory Preparation Calming - Putty-Play



Putty



Play-doh



Cookie Cutters



Small cups for play



Beads



Coins and 1/2 inch manipulatives

Let's Begin:

Roll out putty to make log rolls

Roll a large ball then roll to make small balls

Roll a large ball flatten with hands and use cookie cutters to make shapes

Push the putty into small cups, hide #6 -20 beads and coins by pushing down with fingers

Calming Activity

Sensory Preparation Calming - Listen to Music



Rocking chair/ large enough to comfortably support head, neck and full trunk



Headphones/Music player/ soft classical or nature sounds (optional)



Music Player



Fidget toy (optional)

Let's Begin:

Child sits in a comfy chair, soft mat, carpet or bean bag chair and listens to music.

This activity is similar to Rocking Chair/Music

Calming Activity

Sensory Preparation Calming - Taco / Hot Dog Game



Large blanket



Sleeping bag

Let's Begin:

Wrap child up in a blanket/ sleeping bag tightly (snuggly)

The caregiver pretends the child is a taco or hot dog and adds the toppings with a variety of hand rubbing, palm pressure and deep massages over the arms, back and legs only

Add: ketchup, pickles, mustard, onions, etc. using a variety of finger movements, hand rubbing, palm pressure and deep massages over the arms and legs and back only.

Be creative and fun with the child, add silly things, socks, pizza, potato chips, teddy bears....

Calming Activity

Sensory Preparation Calming - Animal Walks



Animal picture cards



Helper/caregiver to model animal movements



Soft background jungle music if available

Let's Begin:

Show animal picture to child/say the animal's name

Demonstrate the animal movement while walking around the small circle, take turns with the child.

Elephant, monkey, gorilla, frog, cheetah, snake, lion

Be creative

Calming Activity

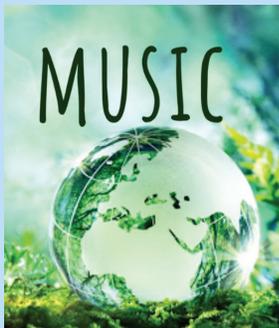
Sensory Preparation Calming - Yoga Moves



2 Yoga mats



Nature sounds or sleep
time music choice



Music



Yoga picture cards for kids

Let's Begin:

Child and Helper (Caregiver) sit on their yoga mats and pick yoga cards from the deck.

Complete #10-20 yoga poses holding each pose at least 10-15 seconds and repeat

Introduction to **Alerting Activity**



Some children will require an Alerting Activity to begin the Sensory Workout Program (SWP). This is for children who need more sensory input from their environment.

Providing selected alerting activities, can increase the child's level of attention. This will prepare your child for the next step in the SWP.

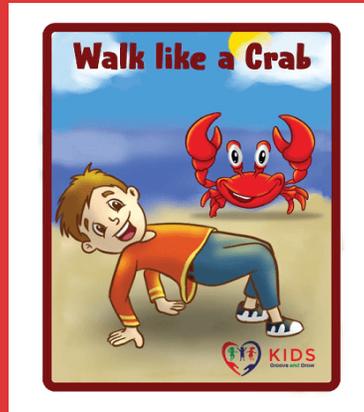
10 Minutes Suggested

Alerting Activity

Sensory Preparation Alerting - Crab Walk and Race



Helper and Child



Card with Crab Walk Model

Let's Begin:

Helper (Caregiver demonstrates the crabwalk)

The Helper and Child Crab Walk Straight Lines
forward and back 6-8 feet x 2

Sideways 6-8 feet x2

Circles around a 5-foot radius x2

Repeat

Alerting Activity

Sensory Preparation Alerting - Chair and Wall Push Ups



Sturdy Child's Chair and a Wall

Let's Begin:

Helper demonstrates on a chair pushing up from the chair seat 5x3, repeat and hold each up about 2-3 seconds (count 1-2-3)

Helper demonstrates pushing against the wall elbows straight then bent performing wall pushup, feet stay planted on the floor (not moving) 5x3 quickly, repeat and hold each position about 2-3 seconds (count 1-2-3)

Perform floor push ups, knees on floor. 5x3 quickly, repeat and hold each position about 2-3 seconds (count 1-2-3)

Alerting Activity

Sensory Preparation Alerting - Hide and Seek Game



Helper and child in safe room with places for child to "Hide"

Let's Begin:

Safe contained environment with supervision

Helper tells the child to hide in the room and counts to #10

Helper seeks to find the Child, repeat 3 times then switch (Helper hides and Child is the seeker)

(There are several versions of this game, can be looked up for other versions)

Alerting Activity

Sensory Preparation Alerting - Drums and Morocco Play



Drum



Morocco



Rain-Stick



Music Player

Let's Begin:

Play 2-3 of the child's preferred music songs lasting 5 minutes

Place the drum, morocco, rain stick (variety of 2-3 instrument choices) between Helper and Child

While listening to the music the Helper calls out the instrument the child should use so the child can actively listen and play. Random and unexpected input increases alertness

Alerting Activity

Sensory Preparation Alerting - Bouncing and Therapy Ball



Inside small trampoline



Outside large trampoline or
large/medium Therapy ball
(yoga ball)

Let's Begin:

Trampoline: Helper begins by having the Child (participant) follow a variety of 1-2 step movements: jumping up and down landing on 2 feet x 10, (trampoline may need the grab bar, holding hands with Helper).

Running/Jumping in place count to #10, STOP, #10, STOP, #5, STOP (random patterns increases alertness)

Therapy Ball/Yoga Ball: Helper sits in front of Child stabilizing the ball. Sit and bounce using the above Bouncing/STOP/Bouncing patterns (random patterns increases alertness)

Alerting Activity

Sensory Preparation Alerting - Shaving Cream Play



Shaving Cream



Sand



Paper Towels



Small Table and Shape
Picture Cards

Let's Begin:

Helper spreads the shaving cream on the table surface and uses fingers and hands to draw shapes designs and letters

The child imitates or freely plays with the shaving cream making designs.

Add sand for texture and increased input

Use shape and design cards for increased alertness and attention

Alerting Activity

Sensory Preparation Alerting - Rolling/Feet on Nubby Ball



2x Nubby/Bumpy Plastic Balls x 2

Let's Begin:

Child (participant) is seated on a small chair, feet can touch the floor. Place one nubby ball under foot and have child roll foot and ball forward and back #10 rolls

Switch foot #10 rolls

Both feet x #10 rolls

Roll ball between both hands in a linear fashion #10 rolls, then circular #10 x 2 (each direction)

Repeat the above sequence

Helper can roll the ball over the child's back, arms and legs for extra alertness and readiness!

Sensory Motor

Preparation Activities



Activities are carefully selected that will stimulate the senses, promote purposeful movement and thinking while using the Left and Right Brain.

Sensory Motor

Sensory Motor Preparation - Bean Bag Toss



3 to 4 Colorful Bean Bags

Let's Begin:

Helper sits or stands across from the Child holding the bean bags.

The Helper toss's the bean bag using Left hand to the Child's Left hand only 5-10 x, Child tosses back using the Left hand.

The Helper toss's the bean bag to the Child using Right hand, the Child using the Right-hand tosses back to the Helper only 5-10 x

The Helper toss's the bean bag to the Child's opposite hand (diagonally), 5-10x and repeat with the other hand diagonally, (recommended for older children)

Repeat

Sensory Motor

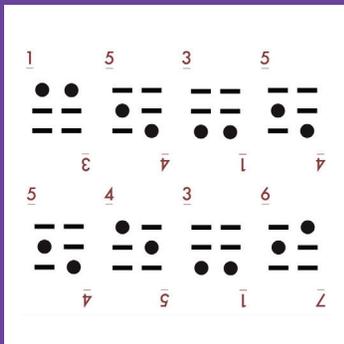
Sensory Motor Preparation - Drumming



Floor Drum or Bongo



Plastic Container with Lid



Drumming Sample Card



Bucket

Let's Begin:

Drumming Imitating Patterns Incorporating the Left and Right hands

The Helper sits across from the Child with the drum placed between both.

The Helper begins the 1-3 step sequencing of drum patterns
The Child imitates the Helper 5-10 minutes

Drumming Imitating Patterns Samples:

1 step

Helper beats 1 beat and the Child imitates. Use a regular beat, short/swift beat, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 1 step 5-10 times with Left and Right hands.

2 step

Helper beats 2 beat rhythm and the Child imitates. Use a 2-beat pattern, short/swift beats, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 2 step 5-10 times with Left and Right hands/Mix up the type of beats

Ex: Soft-Hard / Short-Regular / Soft 1 finger-Hard Full Hand

3 step

Helper beats 3 beat rhythm and the Child imitates. Use a 3-beat pattern, short/swift beats, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 3 step 5-10 times with Left and Right hands/Mix up the type of beats

Ex:

(Full Hand) Soft-Hard-Short

Short-Regular-2Finger Soft

*Soft 1 finger-Hard Full Hand-Fist

Sensory Motor

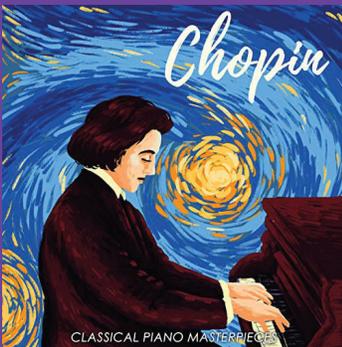
Sensory Motor Preparation - Butterfly Breathing



2 Butterfly Finger or Hand Puppets



2 Scarves



Classical music (Use soft music, nature sounds or children's classical music)

Let's Begin:

The Helper sits in front of the Child demonstrating techniques for Butterfly Breathing. Mirroring each other, the Helper and the Child simultaneously perform this breathing exercise.

Place the finger puppet on the Child's Right/Left hand (finger), opened hand or hold a scarf. Blow into the hand with the puppet, scarf or hand raising the hand in the air. Blow the butterfly into the sky. Butterfly will take flight and then land back on the Child's lap during exhale(blowing)-inhale sequences.

#10 X 2 Left

#10 X 2 Right

#10 x1 Both Hands Repeat

Oculomotor

Eye Gaze Activities

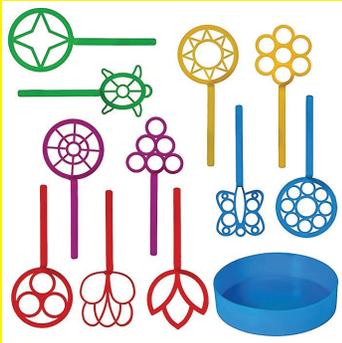


Eye gazing techniques (pre-reading, scanning, tracking).

The intent is to strengthen the tracking and scanning skills of the child.

Oculomotor

Eye Gaze Activity - Bubbles



Variety of Bubble Wands



Bubbles

Let's Begin:

Helper stands in front of the child, about 3 feet and blows bubbles above, both sides and in front.

Child pops bubbles with hand or finger

Child stomps on bubbles

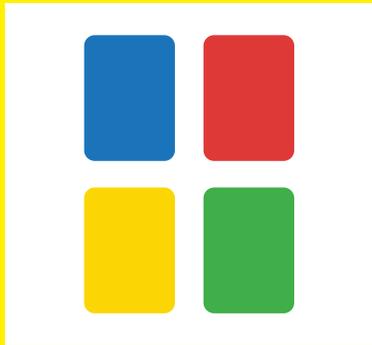
Child Counts Bubbles

Oculomotor

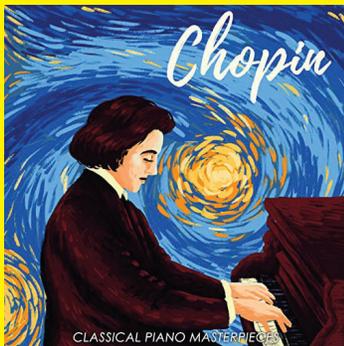
Eye Gaze Activity - Balloon Toss



4 colored balloons



Cards with matching colors of balloons



Classical Music for children

Let's Begin:

Helper Tosses the Balloons in the air in front of child

Helper shows the child the color card of the balloon to be hit with hand

Child taps or bats the balloon matching the color from the card

Helper may up-grade to 2-4 color cards

Oculomotor

Eye Gaze Activity - Memory Card Game



Child Picture Match Memory Games

Let's Begin:

Helper lays out 2 rows of 4-6 matching pictures

Child attempts to scan and find matching pictures turning over the cards to make a match

Helper adds more cards increasing the visual field scanning field as needed

Oculomotor

Eye Gaze Activity - Eye Spy-Flashlight/Follow the Leader Games



2 Flashlights

Let's Begin:

EYE SPY

Helper has the child use the flashlight to point to #10X2 items in the room Example: "Find something Brown" (ceiling Fan), "Find a red truck", "Show me the door handle"

FOLLOW THE LEADER

Helper slowly and randomly moves the flashlight to different points on a blank wall or in a room, the child follows and trails the Helper as a "Follow the Leader Game", on a chair, TV, floor, teddy bear.....

CORE

Sensory Workout Program



Strengthening and Activating Brain Function

Choose 1-2 cards. 10-15 Minutes Suggested

Core

Sensory Workout Color Cone Roll



5x5 Picture Sample Cards



Colored Cones



Tennis Ball

Let's Begin:

Colored cones are positioned in a semicircle with the Child seated in front on floor or lying on tummy, facing the cones.

The Child rolls the ball to the first cone starting R side attempting to hit the cone. Then repeat rolling to each cone in order completing the 5 cones. Repeat this sequence x 3

The Helper shows 2 colored cards to the child. The child follows the presented colored card sequences attempting to hit the cones matching the colored cards in the sequence shown. x 5 trials

The Helper can increase the number of cards (sequence) from 2 cards to 3-4 as the with consistent progress.

Repeat the activity not exceeding the number of successful trials

Core

Sensory Workout Racket Small Bean Bag Toss



Bean Bags (2-3 different colors)



Small Child's Racket

Let's Begin:

Child holds the racket/net in one hand, tosses the bean bag up in the air with the opposite hand catching with the racket/net x 5

Repeat with the other hand and alternate L/R

May increase intervals/tosses- up to #10

Core

Sensory Workout Color Pad Jump



Colored Jump Pads



Colored Sequence
Cards(5x5 Color
Sample Cards)

Let's Begin:

Space colored pads with 2-4 inches between each pad, Follow the "Placement Card" as a model for pad placement

The Helper shows the child the 2-4 color cards for the child to jump and match the sequence, the helper starts with 2 colors and upon child mastering 2 colors, moves to 3 then 4 (mastery suggested repeating 5x of each level at 100%)

Child jumps on the pads following the colored sequence cards forward / back and diagonally (See Sample Colored Sequence Cards)

The Helper will use verbal, gestures and visual matching colored cards as needed

The Helper shows the sequence cards and calls the color sequence to the child

Repeat following sequences provided or make your own with individual color cards

RIGHT BRAIN

Centered Activities



Art awareness



Creativity



Imagination



Music Awareness



Holistic Thought

Right Brain

Follow-Up Activities Building Blocks



Large Foam Blocks



Small Playing Blocks



Pom-Poms



Play Cars



Small Figurines



Small Plastic Animals



Age 4-5 start Lego
& Duplo blocks

Let's Begin:

The Child imitates making block piles moving the block piles around on the floor.

Next the child imitates constructing small trains and small towers.

Build a "Block Maze", The Helper shows the Child simple block maze building that can be used as a car track, pom-pom track, even a small figure moving through the Maze.

Build a Zoo or House, The Helper shows the Child a simple Zoos structure or House (room) and allow the Child to add on while playing and inserting the small animals and play dolls. Use your imagination!

Right Brain

Follow-Up Activities Color and Paint



Water-Color Paints



Paper



Large Markers



Small Shape Sponges



Age 3+ Include thinner paintbrushes

Let's Begin:

Helper demonstrates drawing a shape, free style simple “scribble” design, Child imitates. Take turns.

Helper demonstrates placing one finger/thumb for each color paint and press the paint along the lines.

Helper demonstrates making designs with sponges dipped in the colored paint, be creative, use feathers, large handled brushes, cotton balls and textured fabrics.

Follow up activities for painting can be found ages 2-5 using a variety of handy resources.

Right Brain

Follow-Up Activities Sidewalk Chalk Play



Large Sidewalk



Outside pavement area



Large Chalkboard

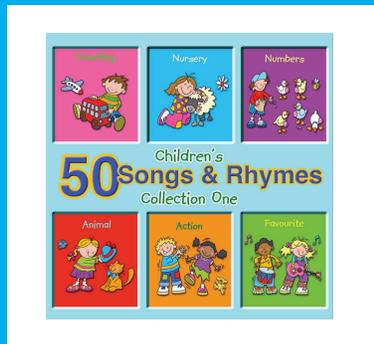
Let's Begin:

Helper starts by drawing shapes and simple designs; Child imitates or copies.

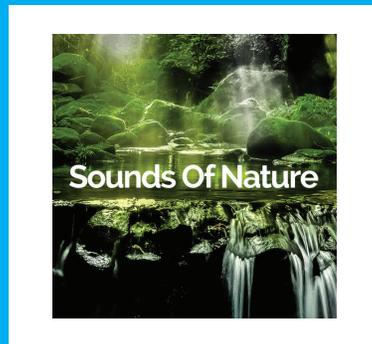
Helper may suggest drawing simple familiar designs using a variety of colors or “free draw”, be creative.

Right Brain

Follow-Up Activities Jungle Animal Dance



Children's music downloaded



Tapes or videos theme-based
jungle, animal or any nature
sounds

Let's Begin:

Helper plays the music associated with the Jungle.

Helper and the Child pretend to be different jungle animals while listening to the music and dance and walk like the animals in the jungle.

Right Brain

Follow-Up Activities Imagination Play

Variety of household play and homemaking materials such as:



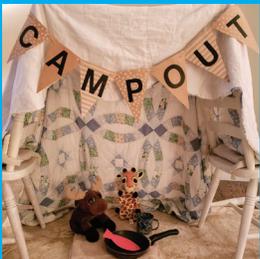
dolls



gardening



pots and pans



blankets



cardboard boxes

Let's Begin:

Planting a Garden with Plastic Flowers and Pots

Imaginative Play with Plastic Food and Kitchen pots and pans

Indoor Camping Play

Washing Baby Dolls

Playhouse

Play Race Car in Oversized Boxes

Right Brain

Follow-Up Activities Music Play



Maracas



Tambourine



Drums



Scarves



Feathers



Ribbons



Sticks



Music

Let's Begin:

Maracas, Tambourines and Drums, Play Music with the Ethnic Beats

Dance with Silk Scarves, Ribbons and Streamers on a Stick. Imagine they are wings, Waves of Water, Wind and Rain...

Balloons and Feathers

Use with soft flowing Music and Dance

Once you get started, you'll be amazed at how much fun can be had from such ordinary everyday things

LEFT BRAIN

Centered Activities



Language



Reasoning



Writing



Number Skills



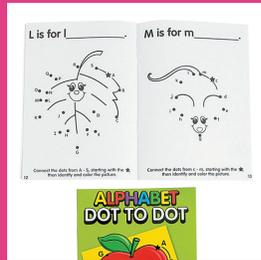
Science/Math



Imagination

Left Brain

Follow-Up Activities Connect The Dots



Connect the Dots
Activity Book



Paper



Crayons



Markers



Finger paint



Small paint brush

Let's Begin:

The Child imitates making block piles moving the block piles around on the floor.

Next the child imitates constructing small trains and small towers.

Build a "Block Maze", The Helper shows the Child simple block maze building that can be used as a car track, pom-pom track, even a small figure moving through the Maze.

Build a Zoo or House, The Helper shows the Child a simple Zoos structure or House(room) and allow the Child to add on while playing and inserting the small animals and play dolls. Use your imagination!

Left Brain

Follow-Up Activities Sequence Picture Cards



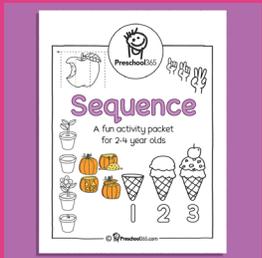
Pictures and photographs



Sequential sized objects favorite snack recipe



Breakfast or sandwich items



Free/purchased preschool sequence worksheets



Board games and "Helper" supervised guidance of household routine

Let's Begin:

Sequence Photos or Toys: Use basic concepts such as small, medium, big or short, taller, tallest to arrange objects or pictures in the correct order

Making a simple 3 step-4 step snack or preparing breakfast, sandwich or a favorite drink

There are Free Printable preschool picture cards available online or use a workbook for matching sequences 1-4 steps

Provide the Child with up to 3 step functional activities/tasks for home routines

Examples: planting seeds, washing face or hands, getting dressed, brushing teeth, making a sandwich or helping to feed a pet.

Helper can use almost any 3-4 step routine (age appropriate and safe) to practice sequencing skills. Board games are available too

Left Brain

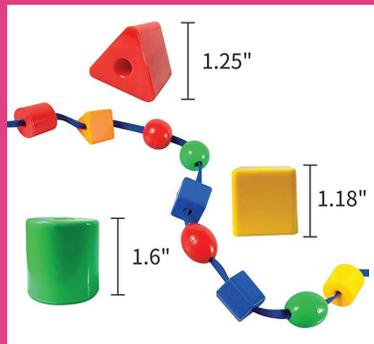
Follow-Up Activities Puzzles-Word Games- Number Games



Wooden number/letter games



Wooden food and animal play puzzles



Counting manipulatives/
large beading



Matching games

Let's Begin:

Helper sets up time and a few puzzles to play on floor and tabletop

Helper interacts and plays with the Child using wooden animal puzzles, food puzzles, wooden number and letter games

Helper interacts with sorting and counting shapes and color manipulatives and stringing beads