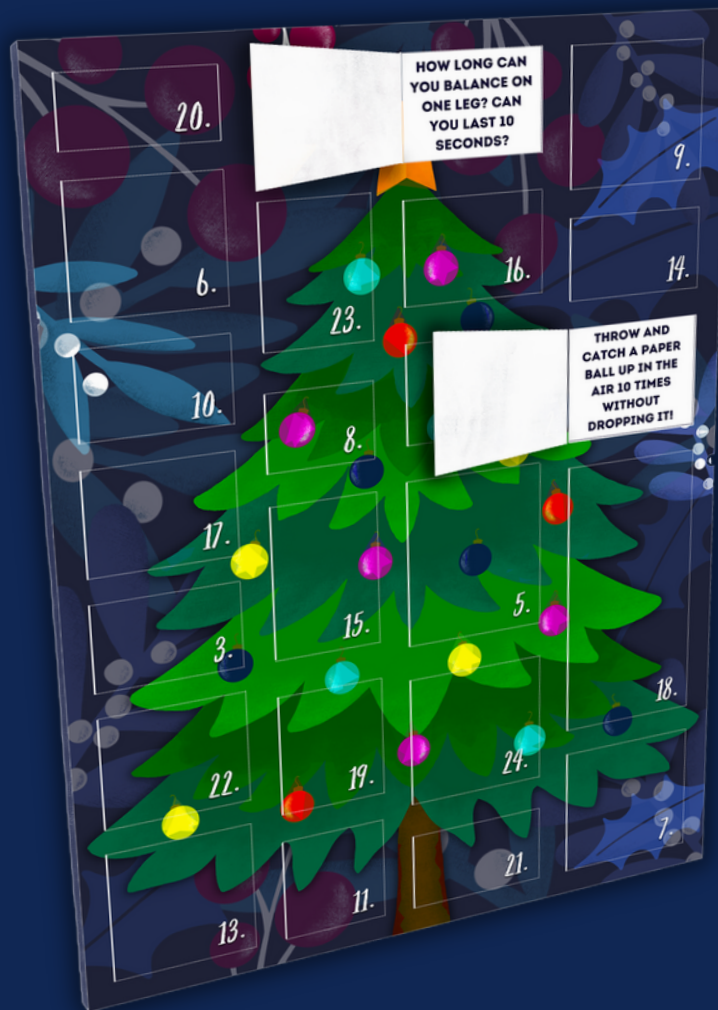


MAKE YOUR OWN



SENSORY ADVENT

MAKE YOUR OWN SENSORY ADVENT CALENDAR!

We've designed a sensory advent for you to make at home.

The activities we have provided are themed towards helping to regulate and organise the senses. When we organise the senses, we can help bring back the brain - body connection.

In addition, creating something with your child can often bring feelings of connection, fun and shared joy and pleasure (which is regulating by itself!)

Enjoy!



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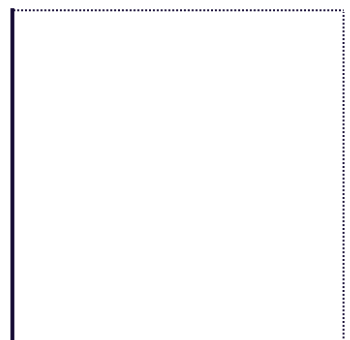
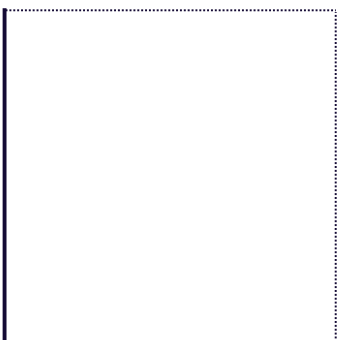
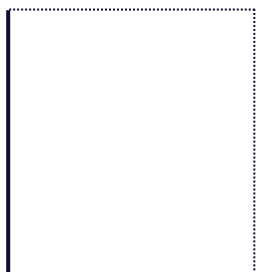
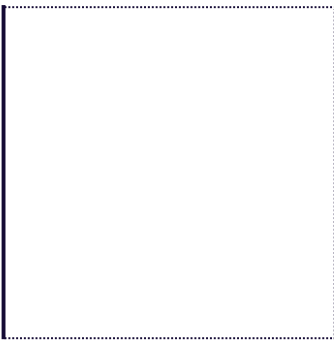
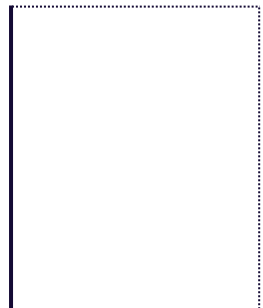
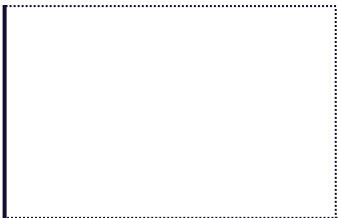
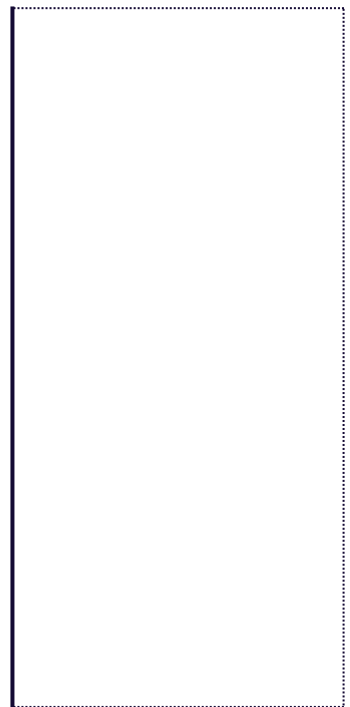
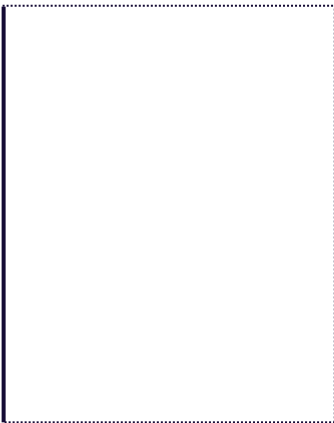
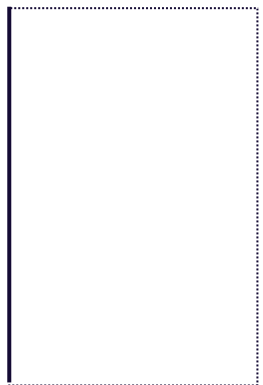
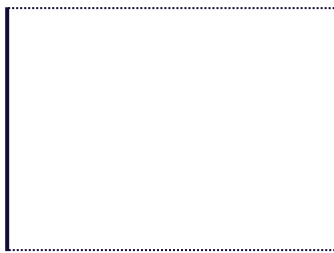
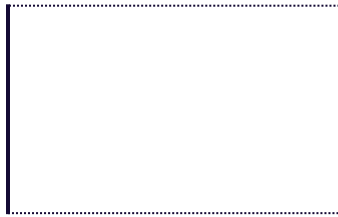
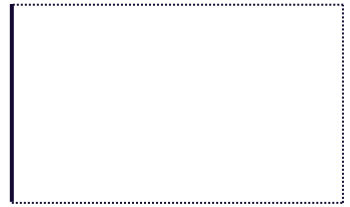
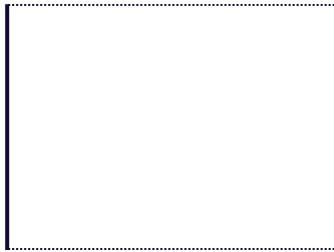
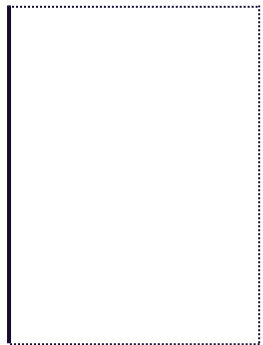
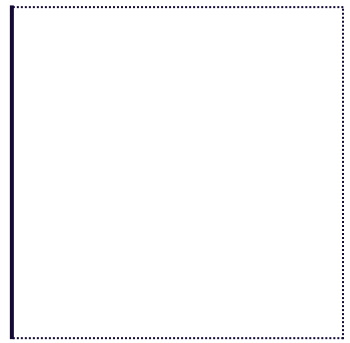
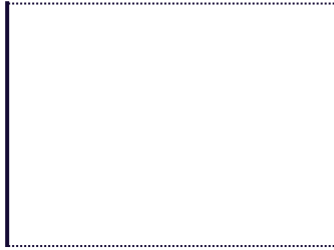
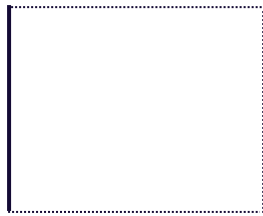
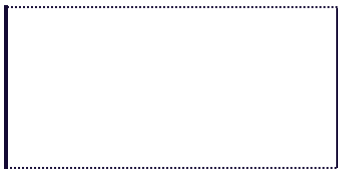
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STOMP AROUND THE ROOM LIKE AN ELEPHANT!

DO WALL PRESS-UPS FOR 30 SECONDS

HOW LONG CAN YOU BALANCE ON ONE LEG? CAN YOU LAST 10 SECONDS?

SNUGGLE ON A COMFORTABLE CHAIR UNDER A BLANKET AND HAVE A WARM DRINK OF MILK OR HOT CHOCOLATE

CAN YOU SORT A PILE OF LEGO OR BUTTONS INTO COLOURS

WASH YOUR HANDS SLOWLY AND FIRMLY WITH A SCENTED HAND WASH

CREATE A RAINBOW USING FOUND OBJECTS AT HOME AND TAKE A PICTURE

THROW A PAPER BALL INTO A BASKET, CAN YOU GET IT IN 5 TIMES?

GIVE YOURSELF A BIG BEAR HUG FOR AT LEAST 10 SECONDS

DO CHAIR PUSH-UPS FOR 30 SECONDS

ROLL OR THROW A BALL AWAY FROM YOU, COMMANDO CRAWL TO GET IT BACK!

THROW AND CATCH A PAPER BALL UP IN THE AIR 10 TIMES WITHOUT DROPPING IT!

GO FOR A WALK. FIND 1 SMOOTH, 1 SOFT, 1 PRICKLY, 1 RED AND 1 ROUND ITEM

STRETCH YOUR ARMS UP TO THE CEILING - MAKE YOURSELF AS LONG AS YOU CAN

HAVE A SQUARE OF CHOCOLATE AND SLOWLY SUCK IT, NOTICE ITS TASTE, SIZE AND HOW IT CHANGES IN YOUR MOUTH AS IT MELTS AWAY

LIE ON THE FLOOR, ON YOUR BACK WITH YOUR LEGS STRAIGHT & ARMS BY YOUR SIDE. IMAGINE YOU ARE LYING IN SNOW AND MAKE SNOW ANGELS BY OPENING YOUR LEGS AND ARMS AT THE SAME TIME. DO THIS 5 TIMES.

DO 10 POPCORN JUMPS: START AND END THE JUMP IN A SQUAT

LIE ON THE FLOOR. ROLL ON YOUR SIDE ACROSS THE ROOM 3 TIMES ONE WAY AND 3 TIMES THE OTHER WAY

CURL UP WITH A HOT WATER BOTTLE AND A TEDDY BEAR

CREATE A SOFT PILE OF PILLOWS AND DUVETS, CAN YOU CLIMB TO THE TOP AND THEN BURROW THROUGH IT?

WALK ROUND 2 CHAIRS, IN AND OUT IN A FIGURE OF EIGHT. CAN YOU DO IT WITH YOUR EYES CLOSED?

BLOW BUBBLES OR A PAPER BALL AT A TARGET!

HAVE A HOT CHOCOLATE WITH SOMEONE YOU FEEL SAFE WITH

BALANCE A SMALL TEDDY ON YOUR HEAD, CAN YOU WALK IN A STRAIGHT LINE WITHOUT IT FALLING OFF?

INSTRUCTIONS

Print your chosen calendar or print the blank advent and create your own version together. This is the front page of the advent.

Print the activities page. This is what goes behind the doors of the advent.

Using a sharp knife and ruler, cut around the dotted lines of each square on the front page.

Carefully apply glue around the squares on the activities page, being careful not to get any inside the boxes.

Carefully stick the two pages together. They should line up exactly.

Use a small amount of blue tac to hold the doors shut or you may find they tuck back in and stay closed.

GUIDELINES

- Create and use this advent calendar with your child. As well as helping to regulate and organise the senses, it will create feelings of connection, fun and safety.
- Never force your child to do these activities, as they will be of no benefit if they don't enjoy them.
- Never leave your child unsupervised when doing these activities.
- Be guided by your child in changing the sequence and/or varying the activities.
- Risk assess the environment and make sure they won't hurt themselves on any furniture.
- Risk assess the use of the activities; consider allergies and whether there are any choking hazards.
- Always make it fun!