



This NEPS Handout has been developed by educational psychologists and is based on current knowledge in this area. It is intended as a guide only. Not all the advice here may apply to any one student or situation. Teachers and parents may wish to identify the strategies that will work best for them.

Classroom Sensory Activities- Primary School

To improve Attention and Regulation

Rationale

Sensory Activities are activities that require the use of our muscles and joints and often involve some sort of resistance. These are useful for children who have sensory processing difficulties and help them to improve attention and stay calm and ready for work.

They consist of:

- **Whole Body Activities** – like pushing, pulling and lifting
- **Oral Activities** – like chewing, sucking and blowing
- **Hand and Arm Activities** – like squeezing, pinching and fidgeting

Readiness for Writing Activities

- Children stretch arms up in the air, sideways and then they hug themselves tightly
- Using the Monkey Grip (link their fingers together) get children to try to pull their hands apart.
- Get the children to push hands together as if they are praying
- Shake hands, move wrists up and down and to the left and right and roll them both ways
- Let them try to touch each finger to their thumb starting with the first finger and then go all the way back
- Use soft modelling clay / plasticise before writing to roll, press down, pull, squeeze and pinch.



Movement Breaks

- **Chair Push-ups** – get the children to push their whole body up off a chair using their arms, 10 times, especially when concentration is poor
- **Wall Push-ups** – get the children to try to push a wall over (without their elbow touching the wall)
- **Clapping Games** – use songs that encourage strong clapping. Try partner games such as 'Hand together right, hands together left. Hands together right and left, hands together both.'
- **Blowing** – wind instruments, bubbles, balloons or whistles, ping-pong ball soccer.
- **Drinking water from a sports bottle** -sucking activity