

Exercises

Specific Sensory Development Kids Level 1



Infinity 8 Hands

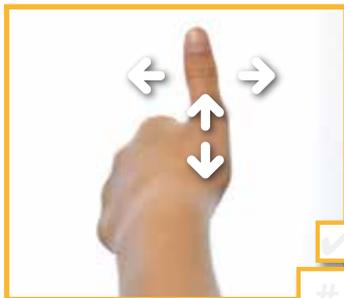
Draw an infinity sign on a big piece of butcher's paper or with chalk on the ground. Sit centred next to the symbol. Trace around the symbol 10 times. Change directions and trace it 10 times. Now swap hands and repeat.

CONCENTRATE ON: Not lifting your finger/chalk off the paper/ground.

GOAL: To have an infinity symbol large enough you have to lean over crossing your body with your arm to complete the exercise.

LEVEL 2: Place the paper on the wall and close one eye while you do the exercise, trace with your finger. Don't lift your finger off the wall.

LEVEL 3: Do level 2 and stand on a wobble board.



Thumb Out & Cross

Sitting on a chair put your left hand out in front of you with your thumb up. Use your right hand to cover your right eye.

Keeping your arm out straight, move it up and down and then to the right and to the left. While you do this focus on watching your thumb. You may get dizzy so go slow! Swap eyes and thumbs and repeat the exercise.

CONCENTRATE ON: Keeping your eye on your thumb and your arm straight while you do the exercise. Try not to move your head.

GOAL: To do the exercise on both sides with both arms and alternate eyes.

LEVEL 2: Do this exercise while sitting on an exercise ball.



Infinity 8 Eyes

Draw an infinity sign on a big piece of butcher's paper and put it on the wall. Stand in front of it and place your right hand over your right eye. With your left eye, follow the infinity sign around, bending your knees and leaning your body as you go. Swap directions and repeat. Swap eyes and repeat.

CONCENTRATE ON: Starting slow and getting faster. Don't stop!

GOAL: To be able to follow the infinity sign 10 times in one direction and 10 times in the other, using each eye.

LEVEL 2: Do this exercise while standing on a pillow or wobble board.

These exercises focus on visual motor, cerebellar and tactile sensory systems for special areas of development and sensory stimulation.

These exercises help improve sensory integration in all children to support reading, writing, gross and fine motor co-ordination.



Catching

Ask an adult to play catch with you. Using a spikey ball, catch with both hands, roll it in your hands for 3 seconds and throw back with both hands. Make it tricky by asking the adult to throw the ball to the left and the right.

CONCENTRATE ON: Grabbing the ball tight with your hands.

GOAL: To be able to do 15 catches and rolls without dropping the ball.

LEVEL 2: Do this exercise while sitting on an exercise ball.

LEVEL 3: Place one hand behind your back and use the other to catch with. Swaps hands and repeat.



Toy Rainbow

Standing with a toy in your left hand and both arms out at waist height.

Throw the toy from the left to the right so it makes a rainbow shape. Keep your eyes on it at all times. Then throw it back to the left hand.

CONCENTRATE ON: Trying to keep the toy at the same height each throw and watching it the whole time with your eyes.

GOAL: To be able to do this exercise 10 times without dropping the toy.

LEVEL 2: Do this exercise while sitting on an exercise ball.

LEVEL 3: Do this exercise with one eye closed. Then switch eyes.



Double Toys

Sitting on a chair with a small toy or pencil (preferably red) in your left hand, hold it out with a straight arm. Cover your right eye with your right hand. Focus on the toy, then the wall across the room in front of you (so you see double toys), then back at the toy. Repeat this exercise with the other hand and eye.

CONCENTRATE ON: Making sure you focus on the toy and then see double by looking past it to the wall.

GOAL: To do this exercise 10 times with each eye.

LEVEL 2: Do this exercise while sitting on an exercise ball.

