

# The Short Sensory Bag

Complete these 6 steps: 1x per day for 30 days OR 30 days over 6 weeks

\*Always mirror your child when sitting across from you (their left hand = your right hand)\*

1<sup>st</sup> Offer choice of a scrubber. Choose number of times for all steps (typically child's age plus 1 or 2)

Brush palm, back of hand, top of forearm, underside of forearm

Complete with both arms



2<sup>nd</sup> Clap hands hard \_\_\_ times (ex: 5-6).



3<sup>rd</sup> Connect fingertips, then do the push (fingertips together), or spider (above head)

Shake out hands.



4<sup>th</sup> Lift bahookie off the ground using hands

Hold and count to \_\_\_ (ex: 5-6) seconds.



5<sup>th</sup> Offer choice of a glove.

- Rub hands while saying: slow, slow, slow, medium, medium, medium, fast, fast, fast x2

- Clap hands while saying: soft, soft, soft, medium, medium, medium, hard, hard, hard x2

- Rub cheek, other cheek, chin, neck, and back of neck



6<sup>th</sup> Offer choice of a spikey ball. While rubbing spikey ball between hands say "Spikey ball, spikey ball, spikey ball, \_\_\_ (body part) and take turns (Figure 1). End with spikey ball squeezed between hands (Figure 2)

Figure 1:



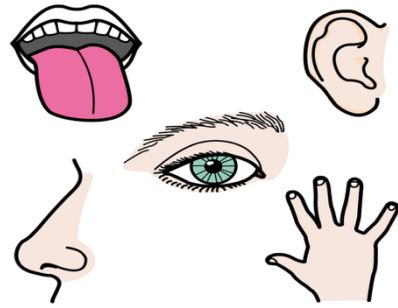
Figure 2:



## Why is the Sensory Bag important?

It *targets* your child's:

- Sense of touch and body awareness
- Crossing over the middle of the body
- Allowing the touch system to be less sensitive
- Social play with others
- Self-confidence



It helps with:

- Building self-esteem
- Increasing positive social interactions
- Improving attention
- Enhancing motor skills
- Controlling emotions
- Transitions during the game
- Becoming the boss of their own body & needs!



**EVERYONE** can play along, however it is best for those with:

- Sensitivity to touch, sound, sight
- Difficulty differentiating touch
- Problems with finger and hand skills