



Pre-K Play Space Saver Roll-out Activity®– Product Number RRS 003

This activity includes several opportunities for play, physical activity and sensory needs in one compact design. Great for in-classroom, tele-med or home use. This activity can be rolled-out as is or cut and used separately to customize sequence. This activity was specially designed to help Pre-K children practice gross motor skills, engage their sensory systems (vestibular, tactile and proprioceptive) and encourage creative ways to move their body!



- **Robot Hopscotch:** Children can hop on one foot (or two) to hop from square to square. Children can learn to recite the numbers or colors as they progress through the hopscotch. Jump and say “10” when the child reached the face of the robot.
- **Circle Fun:** Children can step, jump or crawl along certain colors and patterns. Notice certain colors are larger than others. Color recognition and sense of scale can be learned with this portion. Even crossing midline or hopping with hands over the heads are great but challenging sensory movement can be fun here.
- **Rainbow Slide:** Children can side slip on their feet, or scootch slide on their bottoms along the strips of color. They can try to work from left to right and slide their feet across or tiptoe along each color band. They can even try to skip or gallop their way along!
- **Star Pose:** Always finish as a star! This mindful movement is a great way to help kids self regulate byt reaching, stretching and breathing. Remember to slow down, reach for the stars and take a deep breath at the end!!!

For Children with Sensory Challenges

All children can benefit from appropriate sensory experiences. There is much research available demonstrating the benefits of using sensory based activities and creating sensory rich environments for ALL children. However, for children who struggle with sensory regulation (ability to manage sensory input from the environment around them) the world can be a scary and challenging place. Small changes to daily routine, adjustments in textures (e.g. food or clothing), demands of fine and gross motor activities (e.g. playground, toy, rules), and social expectations are often overwhelming for children causing chaos and meltdowns that can significantly impact home and family life.

Before attempting any of the sensory based activities suggested in this document, it is important that you understand some basic principles.

- Some children may be over sensitive to sensations and will be fearful or withdraw from certain activities or sensations. Other children may be sensory seeking and find many of these activities enjoyable. You must carefully observe your child’s reactions and respect them.
- A child who is indicating fear or distress should not be forced to participate. The child’s fear and discomfort is based on his or her nervous system’s reaction to sensation and is real, and not under his or her control.



- Many children fluctuate between sensory sensitivity and sensory seeking behaviors, and others may be sensitive to certain sensations but seek other ones. Each child's patterns may be highly unique and individual, and it is not uncommon for those patterns to change depending upon the context the child is in (where, when, what is going on, etc.).
- Sensory seekers tend to be very active children, who are always on the go. Positive behavior responses often come in the wake of intense forms of sensory stimulation that promote heavy jumping, falling, crashing, spinning, stomping or pushing. Creating ways to incorporate these sensory needs in a safe and fun manner will lead to your child learning ways to self regulate their sensory system.
- Children who are highly sensitive and reactive to specific sensations (e.g. light, sound, touch/texture, smell) may like or seek out activities that provide sensory input to their vestibular and proprioceptive system. In general, these inputs are calming for the sensory system.
- Finally, watch for signs that the child is becoming over stimulated by certain sensations such as spinning, jumping, and crashing. Watch for sudden changes in skin color, clammy skin, or dizziness. If you notice these, stop immediately and SLOW DOWN to ensure their safety. If necessary find something more calming for your child to regain their internal sensory "homeostasis" or balance.

The best way to approach sensory based activities is to present some ideas to the child and allow their preferences to guide you. We hope that this information will help you get started and help you find other similar ideas to create a list of sensory "go to" activities.

Thank you and let us know if you have any questions – we're here to help!



