

Let's have a

SENSORY SUMMER



Occupational Therapy

For children who have severe difficulties processing sensory information, which limits involvement in everyday activities, occupational therapy uses a sensory integration approach is intended to guide intervention.

Sensory?

Sensory processing and integration are neurodevelopmental skills that allow children to control, perceive, discriminate, and use sensory input received from the environment and internally from their bodies in order to successfully respond, learn, and adapt in daily life.

Summer Activities

Where does your child like to go during the summer?

I want to play!

According to OT literature, play is one of the most important occupations for children.

SENSES

WHAT ARE THEY?

PROPRIOCEPTION

WHERE IS MY BODY IN SPACE?

VISUAL
SEEING



AUDITORY

HEARING

INTEROCEPTION

WHAT IS HAPPENING INSIDE MY BODY?

OLFACTORY

TASTE

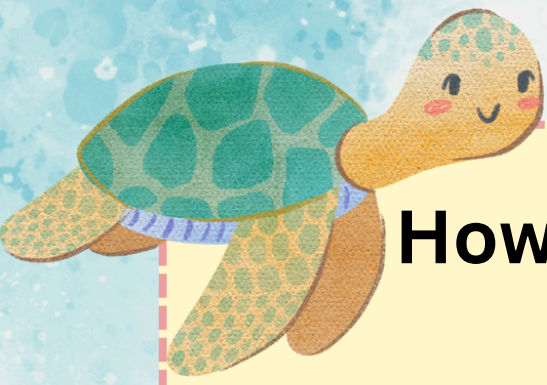
VESTIBULAR

BALANCE

TACTILE

TOUCH





How can I incorporate sensory play?

Go to the beach!

Proprioception: walk like a crab or penguin along the sand! Try running!

Visual: look for seagulls in the sky! Can you find any shells by the shore?

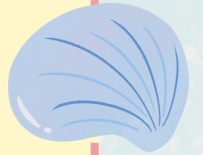
Olfactory: stick out your tongue to see if you can taste the salty air!

Vestibular: stand in the ocean with the water up to your knees, don't let the waves knock you over!

Tactile: build a sandcastle using dry sand and seawater!

Auditory: listen to the waves crashing!

Interoception: has all this playing made me hungry?



How can I incorporate sensory play?

Go to the park!

Proprioception: crawl through the tunnel and wave back at me!

Visual: let's play i-spy! I spy with my little eye, something that is green!

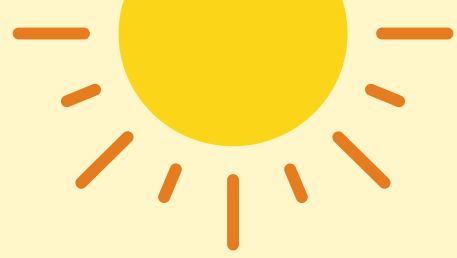
Vestibular: here's a big push on the swings! Let's go on the merry-go-round!

Tactile: feel how hot the slide is before going down it! Does the fireman pole feel smooth or rough?

Auditory: listen to the other kids playing too!



Resources



Go down the slide!

Try to follow my footsteps!



Schaaf, R.C. and Miller, L.J., 2005. Occupational therapy using a sensory integrative approach for children with developmental disabilities. *Mental retardation and developmental disabilities research reviews*, 11(2), pp.143-148.

Mulligan, S., Douglas, S. and Armstrong, C., 2021. Characteristics of idiopathic sensory processing disorder in young children. *Frontiers in integrative neuroscience*, 15, p.647928.



Youtube link: <https://youtu.be/VB-f3FwWslY>