

Unplug

AND CONNECT

Tip #3:

Explore sensory activities

The summer holidays with its lack of routine and structure is here and it can bring about uncertainty and anxiety for some adoptive children. So, it's important to spend time nurturing them with plenty of tried and tested sensory activities to see them safely through the holidays... and make the most of it as a family. As part of our **Unplug and Connect** campaign, we've put together a list of activities to help your children feel regulated whilst enjoying themselves with some fun, sensory activities.

Beads

Gather beads from around the home along with some thread or buy a bundle to be extra prepared; there are lots of great kits available on Amazon. Beads are a great calming activity - the sorting and threading and concentrating works beautifully to help them stay regulated. They can make a bracelet, necklace, key chain - the options are endless. You could also think about playing relaxing music in the background to set the scene for a calm activity.

Playdough

There's nothing quite like Playdough to get the kids hands-on in a sensory activity! Divide the dough into hand-size pieces in a variety of colours, if possible. Find some suitable gadgets to aid the play, such as cutters and rolling pins (and glitter if you dare) so that they are able to make their creations more freely. Playdough is also great for developing their fine motor skills, as their fingers are working hard to create their intricate designs. Just be careful to put a waterproof cloth down in the play area to avoid too much mess!

Frozen Archaeology

This is a great idea to keep children busy during the summer weeks. Take some of their plastic toys and freeze them in a big container of water (add food colouring or a bit of orange squash in to hide the toys if you want for some extra fun!), then give them a spoon to perform their archaeological dig! This exciting sensory activity keeps children entertained whilst engaging their senses.

Slip and Slide

Getting into water is a complete immersive sensory experience. Why not up the game this year, by introducing a 'slip and slide'. First, peg out a tarpaulin on the grass and squirt washing-up liquid or bubble bath on it. Then, put the hose at the top end - this can either be held or pegged down to keep it from spraying around too much! The children can then run and slide down the slope, whilst getting covered in bubbles.

Beach Play

A family trip to the beach can be filled with sensory activities to do with the kids. Why not pack up the buckets and spades and get making sand castles. The children can experience the sensation of the sand running through their fingers as they build their castle designs. Alternatively, you could go on a shell hunt on the coastline - take the time to find unusual shells that stand out and collect them into a bucket to review at the end of the day. Whilst you're selecting your special shells, don't forget to hold them to your child's ear so they can hear the sound of the waves echoing in their ear; this makes for very special memories.

