

NOVEMBER NEWSLETTER

Sensory Kids, LLC



Sensory Kids News

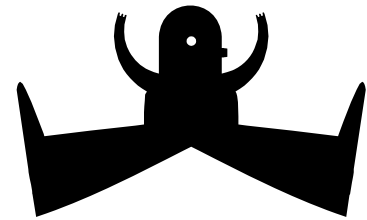
Crash Pads Now Available at Sensory Kids

Sensory Kids will now be fabricating custom made crash pads in various colors and sizes, to fit your child's needs and make Sensory Diets easier at home. Ordering information will be available on our website soon at www.sensory-kids.com. In the meantime, please call Sensory Kids at (203) 422-2193 to place orders.



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School Screening

Sensory Kids, LLC will be conducting school screenings, consultation and providing therapy for schools in the community. We will be doing school screenings at local preschools beginning in early November. We are excited to collaborate with parents and teachers to help children achieve success where they live, learn, and play!

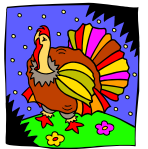
Let us know if your school may be interested.



Thanksgiving Theme Sensory Activities

Birds of a Feather : We all remember tracing our hand in Kindergarten to make a turkey, but what if we could make a giant turkey with everyone's hands. This activity is a great way for your child to develop skills in fine motor and planning/sequencing as well as establishing hand dominance. Another family activity everyone can enjoy.

- 1) Have your child trace their hand on several pieces of colored construction paper (make sure your child traces their non-dominant)
- 2) Assist your child in cutting out hand shapes (be sure to encourage accurate cutting, smooth snips, and assistance from non-dominant hand to hold and turn paper)
- 3) Use glue or paste to attach hand pieces together for turkey tail
- 4) Cut a large circle for the turkey head and attach a red balloon for gizzard
- 5) Have your child draw in details as desired



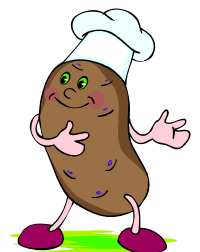
Corn Kernel Hide and Seek : A tactile rich game without the mess. This activity will help your child develop skills in tactile discrimination necessary for body awareness. This game can also help your child achieve success in writing and quickly locating items they cannot see. A crunchy snack is also a great way to improve attention making popcorn a healthy sensory treat.

- 1) Fill a medium/large bowl with uncooked popcorn kernels
- 2) Have your child hide small objects (ie. toys, balls, stones)
- 3) Have your child use only their hands to dig for the hidden objects (be sure to locate all hidden objects)
- 4) Use left-over popcorn kernels to make a yummy snack (add salt and butter as needed) SENSORY TREAT



Potato Relay Obstacle Course : Obstacle courses are essential for developing integration of multisensory skills. This activity will help your child to develop their upper body strength, visual motor skills for targeting, listening, posture, and praxis, . This activity is very rich in proprioceptive input and may improve modulation and self-regulation.

- 1) Select a medium/large potato
- 2) Have your child crawl 10 feet while rolling the potato with their hands
- 3) Hot potato with peer or parent while listening to music
- 4) When music stops person with potato will jump into a pile of leaves/pillows
- 5) Throws potato into a bowl no more than 5 feet away
- 6) Repeat if desired



HAPPY THANKSGIVING

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