

## Patient information

# Motor and sensory activities for children

Motor planning refers to a child's ability to organise, plan and execute new or unpracticed motor tasks. The development of sensory systems, especially tactile, is important. There are lots of activities that can be done at home to improve tactile processing, movement, and body awareness.

Activity should be age appropriate for your child.

### To increase body awareness:

- Simon says
- Draw around body and fill in features
- Rubbing with textured towel after a bath
- Dressing up games with heavy clothes
- Mirror games - copying each other's movements.

### Tactile activities:

- Swimming
- Rolling games on carpets, sausage roll game – rolling self-up in blanket etc.
- Water play, messy play, art projects
- Feely bag – put a variety of objects in a bag and ask your child to describe and guess what they are without looking
- Bandage part of a limb then unwind it again

### Organisational/planning activities:

The following activities should be graded from simple to complex and should be broken down into manageable steps.

- Obstacle courses – under tables, over soft and hard surfaces, through hoops, climbing frames, cardboard boxes
- Change of direction – clockwise, anticlockwise, forwards, backwards, sideways
- Building or assembling toys and junk modelling

## **Strategies for Modifying Activities**

- Helping children to identify the steps needed to begin and accomplish a task
- Give a short assignment so that the child can feel instant success in completing a task
- Have a system for checking off steps as they are accomplished
- Give one direction at a time. After one action is successfully completed, add another task
- Help the child physically move through an action
- Minimise visual distractions
- It is important for children to plan and organise their own play. Encourage them to come up with their own ideas. If a child comes up against a problem, encourage them to work it out for themselves.

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