**Sensory investigation**

**WHAT is the purpose of the activity?**

* + Are you using the activity to calm an over-responsive child?
  + Are you using the activity to increase input to an under-responsive or sensory seeking child?

**Touch:**

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| [Image result for threading beads"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.earlyyearsresources.co.uk%2Fphysical-development-c374%2Ffine-motor-c1842%2Fthreading-c1846%2Ftub-of-240-threading-beads-p10857&psig=AOvVaw1YDp-u5Av4vsVLs0S0mGDW&ust=1581011414041000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNDksNL8uucCFQAAAAAdAAAAABAD)  Threading beads | [Image result for therapy putty"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.aliexpress.com%2Fitem%2F4000206724934.html&psig=AOvVaw0vC47ionsvIGEFIL4lKDdj&ust=1581010783993000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOiJxKP6uucCFQAAAAAdAAAAABAE)  Play dough or therapy putty | [Image result for sand pour"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.shutterstock.com%2Fsearch%2Fpour%2Bsand&psig=AOvVaw07LQ6n5h0PdCoThs3QXij4&ust=1581010883876000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLis8tf6uucCFQAAAAAdAAAAABAD)  Pouring sand |
| [Image result for stretchy fiddle toy"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.ebay.co.uk%2Fitm%2FStretchy-String-Fidget-Noodle-Autism-ADHD-Sensory-Anti-Stress-Fiddle-Toy%2F264416594720&psig=AOvVaw05lNv_j30XVIWyoctfT3cd&ust=1581010927312000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLjHrev6uucCFQAAAAAdAAAAABAD)  Stretchy fiddle toys | [Image result for hand squeezes"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.webmd.com%2Fosteoarthritis%2Fss%2Fslideshow-hand-finger-exercises&psig=AOvVaw0cBYkLXGTVfGc__PG567u2&ust=1581010958791000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKjz-_v6uucCFQAAAAAdAAAAABAD)  Stress ball or squishie | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\1F7891B.tmp  Crazy foam or foaming soap |
| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\ACB09CE1.tmp  Play foam | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\F6D055D3.tmp  Water beads | [Image result for fur sensory](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.papasanchair.co.uk%2Fimages%2Fproducts%2Ffurcush_1.jpg&imgrefurl=http%3A%2F%2Fwww.papasanchair.co.uk%2Findex.php%3Fmain_page%3Dproduct_info%26cPath%3D65%26products_id%3D382&tbnid=MK32vKUA65aJhM&vet=12ahUKEwjk6rTA6L_nAhWI04UKHWWOCI8QMyghegQIARBK..i&docid=dtlp-dBtEeLfrM&w=500&h=528&q=fur%20sensory&hl=en&ved=2ahUKEwjk6rTA6L_nAhWI04UKHWWOCI8QMyghegQIARBK)  Fur fabric |
| [Image result for tactile sensory](https://www.google.com/imgres?imgurl=https%3A%2F%2Ftherapyshoppe.com%2Fcomponents%2Fcom_redshop%2Fassets%2Fimages%2Fproduct%2Fthumb%2F1578598742_tactile-sensory-balls-therapy-shoppe-wat_w300_h300.jpg&imgrefurl=https%3A%2F%2Ftherapyshoppe.com%2Fcategory%2FP2194-tactile-sensory-balls-therapy-ball-fidget-fidgit-figit-tool-toy-fidgeting&tbnid=0fNUaDk87PRRUM&vet=12ahUKEwjRvp7Y6L_nAhWX0oUKHUZEDdgQMyg8egUIARCEAQ..i&docid=Gu6H2if38NlLGM&w=300&h=300&q=tactile%20sensory&hl=en&ved=2ahUKEwjRvp7Y6L_nAhWX0oUKHUZEDdgQMyg8egUIARCEAQ)  Spiky balls or tactile discs | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\EB9B50B5.tmp  Fidget cube | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\AA5710AD.tmp  Finger painting |

**Smell:**

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| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\EADAC8A2.tmp  Smelling citrus fruits | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\1C121100.tmp  Smelling herbs and flowers | [Image result for smell mint](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.quora.com%2FDo-mice-and-rats-really-hate-the-smell-of-peppermint&psig=AOvVaw2bb_2cPf98aC9-cE_YN4EK&ust=1581175619961000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjOwazgv-cCFQAAAAAdAAAAABAD)C:\WINDOWS\IE\TempInt\sf629\Content.MSO\FB7FA7B7.tmp  Smelling mint |

**Taste:**

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| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\149D297.tmp  Chew toy | [Image result for licking lemons"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.dreamstime.com%2Fphotos-images%2Flicking-lemon.html&psig=AOvVaw3jg4Irk0afuqlemIoc5VuN&ust=1581011345007000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPjS2rL8uucCFQAAAAAdAAAAABAD)  Licking citrus fruit | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\8ACE1DD.tmp  Biting ice |
| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\1EBDECF3.tmp  Eating sour sweets | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\36CA2679.tmp  Eating crunchy foods: breadstick, carrot, cereal | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\1AD847EF.tmp  Chewing gum |

**Hearing:**

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| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\E9449EF1.tmp  Banging drums | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\133CEF27.tmp  Shaking bells | [http://t0.gstatic.com/images?q=tbn%3AANd9GcTinmZe058gQxjIGRs8Y0oXrmGgCKVtwLm4wxPoSQT6SnQRKufrjKT7wfja9c7c5Sv5LYhU0eiF&usqp=CAc](https://www.google.com/aclk?sa=l&ai=DChcSEwj43uvj47_nAhUD1N4KHU_ZBXMYABALGgJ3Yg&sig=AOD64_11t8SC3ragsZHn1HeUMJWEsidbqQ&adurl&ctype=5&ved=2ahUKEwim9OHj47_nAhVSAmMBHefBDAIQvhd6BAgBEFI)  Ringing bells |
| [http://t0.gstatic.com/images?q=tbn%3AANd9GcQH5lVW8IMi3MuH-1H17kMW88oHeusc9TiSksHzjFw7vk7Hogde1g12_YUfWkd_aOllIBYLIGw&usqp=CAc](https://www.google.com/aclk?sa=L&ai=DChcSEwiticLA5L_nAhUEnNUKHZviBRYYABADGgJ3cw&sig=AOD64_1FilDzb2GsY1i9Nf5Cih2jEk9Z-w&adurl&ctype=5&ved=2ahUKEwjW3rjA5L_nAhUY0OAKHXoYDDcQvhd6BAgBEGA)  Tipping rain stick | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\10597363.tmp  Wearing ear defenders | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\13462669.tmp  Instrumental music |

**Vision:**

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| [Image result for flashing sensory toy](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.amazon.co.uk%2FPlaylearn-Sensory-Light-Up-Spinning-Flashing%2Fdp%2FB079DQRHNL&psig=AOvVaw179sZ8qvay5LIm2YniZmIP&ust=1581175003473000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKDk04bev-cCFQAAAAAdAAAAABAE)  Flashing spinning toys | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\3D5312A8.tmp  Glitter wands | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\31E5F674.tmp  Dark den |
| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\E1F3D6D1.tmp  Painting or colouring | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\6B005E0A.tmp  Light up balls | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\836516F6.tmp  Calming bubble tubes |

**Proprioception:**

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| [Image result for aerobic ball squashing"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fyourkidstable.com%2Ftherapy-ball-activities%2F&psig=AOvVaw1FTfc0A6GeDBp-HHGmGUWK&ust=1581010740903000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOC-iJH6uucCFQAAAAAdAAAAABAD)  Aerobic ball squash | [Image result for hand squeeze"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fgeekymedics.com%2Fhand-examination%2F&psig=AOvVaw0K_2l7VFUlE3fW3O8oBD1-&ust=1581010995162000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLjEuZH7uucCFQAAAAAdAAAAABAD)  Hand squeezes | [Image result for head squeeze"](https://www.google.com/url?sa=i&url=https%3A%2F%2Flessonpix.com%2Fpictures%2F1028491%2FHead%2520Squeeze&psig=AOvVaw2cf3vAhCS6kUHvqXyvPLTU&ust=1581011166366000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPj199_7uucCFQAAAAAdAAAAABAD)  Head squeezes |
| [Image result for deep pressure shoulder"](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.whenandhow.com%2Fhow-to-calm-an-autistic-child%2F&psig=AOvVaw39DPqr78zUvX-mB9xG_bEj&ust=1581011114871000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIDWtsX7uucCFQAAAAAdAAAAABAD)  Shoulder press | [Image result for chair push kids"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.twinkl.com.au%2Fillustration%2Fchair-push-up&psig=AOvVaw1qp1sFoTDvNrmewKqyBdWK&ust=1581011278403000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKC-i5H8uucCFQAAAAAdAAAAABAD)  Chair push up | [Image result for wall push"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.womenshealthmag.com%2Ffitness%2Fa20697203%2Fpushup-start-with-wall-pushup%2F&psig=AOvVaw2eXTeKmJEc0od4WZh1U7BM&ust=1581011231314000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNic4Pv7uucCFQAAAAAdAAAAABAD)  Wall pushes |
| C:\WINDOWS\IE\TempInt\sf629\Content.MSO\17642CF5.tmp  Weighted blanker | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\33824F9F.tmp  Blowing bubbles | [Image result for resistance bands child](https://www.google.com/url?sa=i&url=http%3A%2F%2Fwww.brandsonsale.com%2Ffirst-fitness-kids-stretch-bands.html&psig=AOvVaw1w-YTYeoRv80djAaonjM_F&ust=1581173612074000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOCIq-7Yv-cCFQAAAAAdAAAAABAG)  Resistance band stretches |

**Vestibular:**

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| [Image result for trampette"](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.amazon.co.uk%2FUpper-Bounce-Foldable-Rebounder-Trampoline%2Fdp%2FB01C77V818&psig=AOvVaw38ddlqmK41iKHNeIFrR8w4&ust=1581011388877000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCOjT2sX8uucCFQAAAAAdAAAAABAD)  Jumping on trampoline | [Image result for spinning chair](https://www.google.com/imgres?imgurl=https%3A%2F%2Fs3-eu-west-1.amazonaws.com%2Fbackcslimages%2Fproduct-images%2F1000-1000%2FIMG_5535%2520-%2520NEW.jpg&imgrefurl=https%3A%2F%2Fwww.backcs.co.uk%2Fbc-one%2F&tbnid=pYXJsQSE_byUDM&vet=12ahUKEwiA7KjK2b_nAhXE0YUKHfTPDogQMygXegUIARC2AQ..i&docid=2PaeK4E7L_7pGM&w=1000&h=1307&q=spinning%20chair&ved=2ahUKEwiA7KjK2b_nAhXE0YUKHfTPDogQMygXegUIARC2AQ)  Spinning on a chair | [Image result for log roll](https://www.google.com/imgres?imgurl=https%3A%2F%2Fblogs.glowscotland.org.uk%2Fea%2Fpublic%2Fdunlopprimaryschoolandecc%2Fuploads%2Fsites%2F1947%2F2016%2F01%2FFriday-Julie-011.jpg&imgrefurl=https%3A%2F%2Fblogs.glowscotland.org.uk%2Fea%2Fdunlopprimaryschoolandecc%2F2016%2F01%2F08%2Fp-e-gymnastics%2Ffriday-julie-011%2F&tbnid=XlzxAv3kdgYlvM&vet=12ahUKEwiyhMrd2b_nAhUigXMKHfzED2cQMygYegQIARA8..i&docid=Yt-B7BUDsgVFNM&w=1200&h=900&q=log%20roll&ved=2ahUKEwiyhMrd2b_nAhUigXMKHfzED2cQMygYegQIARA8)  Log rolls |
| [Image result for spinning child](https://www.google.com/imgres?imgurl=http%3A%2F%2Fwww.glowphysio.com.au%2Fwp-content%2Fuploads%2F2016%2F03%2Fspinning-child.jpg&imgrefurl=http%3A%2F%2Fwww.glowphysio.com.au%2Fblog%2Ffeeling-woozy%2F&tbnid=0Zt3PlG_6SAfOM&vet=12ahUKEwi7w_L12b_nAhULghoKHQTwAUgQMygbegQIARBA..i&docid=VN56gNdVJxrfEM&w=450&h=299&q=spinning%20child&ved=2ahUKEwi7w_L12b_nAhULghoKHQTwAUgQMygbegQIARBA)  Spin and stop | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\3E57ECD7.tmp  Scooter boards | C:\WINDOWS\IE\TempInt\sf629\Content.MSO\E14A03FD.tmp  Bouncing on aerobic ball |
| [Image result for child rocking chair](https://www.google.com/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2F474x%2F40%2F6d%2Ff8%2F406df8ac28aea5a1f56c1c17ac1ca629--baby-rocking-chairs-childs-rocking-chair.jpg&imgrefurl=https%3A%2F%2Fwww.pinterest.co.uk%2Fpin%2F811773901553854606%2F&tbnid=o3toEbPOyG-xyM&vet=12ahUKEwiKnb3H2r_nAhUONxoKHf8yA9AQMygdegUIARCnAQ..i&docid=7YUZyWmfUNjMCM&w=400&h=400&itg=1&q=child%20rocking%20chair&ved=2ahUKEwiKnb3H2r_nAhUONxoKHf8yA9AQMygdegUIARCnAQ)  Rocking chair | [Image result for jumping over rope](https://www.google.com/url?sa=i&url=https%3A%2F%2Fhealthyliving.azcentral.com%2Fjump-rope-tricks-kids-3863.html&psig=AOvVaw28H0ye4_Ky4-GR-Df9caLc&ust=1581174152675000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMj_6PHav-cCFQAAAAAdAAAAABAD)  Jumping over a rope | [Image result for ball over head](https://www.google.com/url?sa=i&url=https%3A%2F%2Fgethealthyu.com%2Fexercise%2Fmedicine-ball-overhead-slams%2F&psig=AOvVaw3l8R9IfADp4c9fOxJ-11QF&ust=1581174244135000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLDMv6Hbv-cCFQAAAAAdAAAAABAD)  Ball passing over and under |
| [Image result for sensory stepping stones](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.cheapdisabilityaids.co.uk%2Fabili-sensory-stepping-stones-5772-p.asp&psig=AOvVaw3GLhMNm4V60KLVijLkpfF5&ust=1581174326016000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCLjfrcXbv-cCFQAAAAAdAAAAABAD)  Obstacle course: stepping stones | Image result for child wheelbarrow  Wheelbarrow | [Image result for hanging upside down from chair](https://www.google.com/imgres?imgurl=https%3A%2F%2Fres.cloudinary.com%2Ftwenty20%2Fprivate_images%2Ft_watermark-criss-cross-10%2Fv1435993319000%2Fphotosp%2Fc8ccd5c4-f44c-4bb2-b675-561029b15230%2Fstock-photo-mechanic-shop-cars-auto-wait-errand-c8ccd5c4-f44c-4bb2-b675-561029b15230.jpg&imgrefurl=https%3A%2F%2Fwww.twenty20.com%2Fphotos%2Fc8ccd5c4-f44c-4bb2-b675-561029b15230&tbnid=pDRNOwhDNjvWdM&vet=12ahUKEwi4kqzn3L_nAhUYNxoKHXrpDcEQMygsegQIARBe..i&docid=wmsJd-rR0xTz2M&w=640&h=427&q=hanging%20upside%20down%20from%20chair&ved=2ahUKEwi4kqzn3L_nAhUYNxoKHXrpDcEQMygsegQIARBe)  Hanging upside down |