

# SENSORY CHRISTMAS ACTIVITIES



<p><b>1) Christmas Decoration:</b> Get wooden Christmas shapes for your tree, and decorate these with your child, using pens, paint, glitter, stickers, etc. This is also a nice present for friends and family.</p>	
<p><b>2) Home Baking:</b> Encourage your child to help you with Christmas baking, which is good to develop praxis skills and fine motor skills. Find easy recipes for gingerbread and cookies, or use ready-made dough. Roll out, use cutters and enjoy decorating cookies. Kneading dough is a stimulating tactile activity for children. However, if your child is very tactile defensive and does not like to touch the sticky dough, use a spoon instead and let your child do other steps of the baking.</p>	
<p><b>3) Freeze Game:</b> Put Christmas music on, and everyone moves and dances until the music stops. Then everyone must 'freeze' in whatever position they happen to be. The person who 'freezes' last can be the next to control the music.</p>	
<p><b>4) Make your own decoration for the Christmas tree</b></p> <p>Great to encourage fine motor and praxis skills, and the pipe cleaners provide tactile stimulation.</p> <p><b>You need:</b> Various beads and pipe cleaners Place three pipe cleaner strands overlapping.</p> <p>Fix them in the middle with a small piece of pipe cleaner. Parents can also prepare the star shapes and help their children. Have fun to put the beads on the rays.</p>	



Encourage the child to work in patterns!  
Tie an additional thread around it and put it on the Christmas tree!

**5) Create a sensory Christmas bottle with your child**

Fill a plastic bottle with glitter glue (1/3) and add some small beads, stars, glitter, letters, marbles, small plastic animals etc. Fill it up with water. Use hot glue to shut the lid and shake it well. Playing with the bottle and spotting the hidden items can have a calming effect at night time.



**6) List to Santa...**

Stick paper to a wall and have your child facing the wall, holding a pencil. Draw a Christmas shape, number or letter on the child's back with your finger. Encourage your child to then draw what you drew on the paper. Then you can swap. If it is difficult for your child to have an idea, have pictures of the shapes and numbers for the child to draw on your back/palm. I.e. circle bauble, square present, rectangle as sleigh etc.





<p><b>7) Feeling game:</b></p> <p>Gather some objects i.e. letter magnets, small cars, animal figurines, marbles, different sized buttons, different coins and treasures etc. Place them into a cotton bag or pillow case with your child. Without looking, only 'feeling with fingers', name an object for your child to find. This stimulates your child's tactile processing skills, which are important for fine motor tasks.</p>	
<p><b>8) Play Santa says...</b></p> <p>Play this Christmas version of 'Simon Says' which supports auditory processing and motor planning:</p> <p>Santa says...</p> <p>Sit down, stand up, touch your head, jump up 3 times, take one step forward, pretend to build a snow man, pretend to cut down a Christmas tree, dance, pretend to have a snowball fight, say ho-ho-ho, jump as high as you can, do 5 clap jumps etc.</p>	
<p><b>9) Reindeer Kicks!</b></p> <p>Drop to a quadruped position. Place the palms of the hands on the floor, between the knees. Bear weight on the hands and kick the feet backwards. Repeat!</p>	
<p><b>10) Some things to consider...</b></p> <p>-Try to keep a <b>routine</b>. Using visual schedules can be helpful so the child knows what is next.</p> <p>-Keep Christmas decorations on the walls and doorways simple, to <b>avoid visual over-stimulation</b>. Less can often be better.</p> <p>-If you celebrate Christmas in a large group, <b>explain sensory challenges to everyone</b> beforehand (inform relatives and friends). You can think of a secret sign</p>	<p>-Provide a <b>quiet room or safe space</b> (like a den, pop up tent) for your child to have breaks. You can provide chewy snacks, headphones with calming music, drinks with straws which can support regulation.</p> <p>-Use <b>'transitional objects'</b> to stay connected with your child when you are not there. This can be your scarf, a special figurine, a teddy, etc.</p>



your child can use to let you know when they cannot cope anymore. Take noise cancelling headphones with you to busy family gatherings.

-Help the **child to feel safe in his or her body:** provide short movement activities (climbing, swinging, jumping, swimming, etc.) during the holidays to support your child's sensory regulation.

## HERE ARE SOME IDEAS FOR SENSORY CHRISTMAS PRESENTS:

- Scooter boards
- Mini trampoline and big beanbags
- Vibrating toys/bug massagers/vibrating pens
- Peanut balls and gym balls
- Stretchy resistance tunnels
- Theraputty (yellow or red)
- Kinetic Sand
- Moh Doh is a theraputty with calming aromatherapy oils
- Tactile boxes and feely bags
- Curly wurly straws
- Koosh balls and stretchy tactile worms
- Aromatherapy diffuser, might be helpful to settle at night with calming vanilla or lavender scents
- 'Blow Lotto' encourages deep exhalations which are calming for the nervous system

Website suggestions:

[www.sensorydirect.com](http://www.sensorydirect.com)

<https://www.rompa.com/>

MohDoh: [https://www.tinknstink.co.uk/mohdoh-calm-reduce-hyperactivity.html?gclid=EAlaIQobChMIgjb1hIr63gIVjs13Ch2owwasEAQYASABEgJFc\\_D\\_BwE](https://www.tinknstink.co.uk/mohdoh-calm-reduce-hyperactivity.html?gclid=EAlaIQobChMIgjb1hIr63gIVjs13Ch2owwasEAQYASABEgJFc_D_BwE)

Blow Lotto: <https://www.amazon.co.uk/Gonge-G-2006-Blow-Lotto-Game/dp/B0050LHCWS>

## HAVE FUN AND MERRY CHRISTMAS!

## YOUR FAMILY FUTURES TEAM