







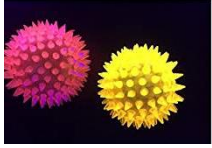








Sensory Resource List

Item	How this helps my child	Where can I buy
<p>Wobble cushion</p>  <p>Move'n'sit Cushion</p> 	<ul style="list-style-type: none"> • Provides Vestibular, proprioceptive and tactile feedback • Promotes concentration • Works on core strength • 'Move'n'sit' supports upright functional seating position. 	<p>Online: Amazon: Wobble cushion Starts from 8.99 Move'n' sit: starts from 13.99</p> <p>Decathlon: From 13.99</p>
<p>Peanut ball</p> 	<ul style="list-style-type: none"> • Body awareness and balance • Core stability and posture • Shoulder and arm strength • Proprioceptive, vestibular and deep pressure sensory input 	<p>Online: Amazon from £8.09 Argos £9.99 Decathlon From £6.99</p> <p>Children over 5- Go for 55cm</p>
<p>Trampette</p> 	<p>Calming and stress reducing (when rhythmical) Promotes</p> <ul style="list-style-type: none"> • Body awareness and balance • Core stability, posture, Coordination skills • Provides vestibular and proprioceptive input 	<ul style="list-style-type: none"> • www.decathlon.co.uk • Amazon • Argos • Sports shops • From £29.99
<p>Body Board</p> 	<ul style="list-style-type: none"> • Linear Vestibular, proprioceptive and tactile feedback • Develops bilateral coordination • Works on upper body strength • Develops praxis skills 	<ul style="list-style-type: none"> • Amazon • www.sesnorydirect.com • www.cheapdisabilityaids.co.uk • Rompa.com <p>From 17.46</p> <p>*You can also buy a wide/large skateboard*</p>
<p>Therapy Putty</p> 	<ul style="list-style-type: none"> • Excellent for developing hand strength • Provides proprioceptive and tactile input • Help children to learn how to grade pressure required for writing and fastening buttons 	<ul style="list-style-type: none"> • https://www.nrshealthcare.co.uk/ • Amazon • Liverpool Lifehouse, Summers Road (back of Yellow Sub) • Most mobility shops <p>COST: From £3.54</p>
<p>Ear-defenders</p> 	<ul style="list-style-type: none"> • Helpful for children who are over-responsive to sound/auditory stimulus • Helpful for transitions or busy environments to enable your child to get out and about 	<ul style="list-style-type: none"> • Amazon £10.94 • The Safety supply company from £3.35 • Argos £9.99 <p>*These should only be used for short periods as child can become dependent on these*</p>

<p>Tactile tools</p> <p>Orb balls/aqua beads Kinetic sand Jelly bath Kinetic Sand Vibrating massager Yuck-e ball Tactile balls</p> 	<p>Helpful for children with all tactile difficulties (e.g under/over responsive, tactile discrimination/ prior to grooming activities)</p> 	<p>Can all be purchased from Amazon, sensory direct, rompa.</p> <p>*You can also make your own sensory bins at home- Dry rice, cooked pasta, sand, flour and water, shaving gel, food colouring*</p> 
<p>Visual Aids</p> <p>Sunglasses Sunhat Black out tent Visual timers</p> 	<ul style="list-style-type: none"> • Can help children who are under/over responsive to visual stimulus • Can be calming and regulating • Helpful for transitions and finishing at task 	<ul style="list-style-type: none"> • Amazon • Sensory direct <p>*You can make your own sensory bottle at home*</p> 
<p>Oral-Motor tools</p> 	<p>Z-vibe Nuk Training toothbrush set Chewlery Oran Nurse flavourless toothpaste Finger toothbrush Bubbles</p>	<ul style="list-style-type: none"> • Sensorydirect.com • Amazon • B & M
<p>Body Sock</p> 	<ul style="list-style-type: none"> • Provides tactile and proprioceptive input • Calming and organising activity 	<ul style="list-style-type: none"> • Amazon • Sensory direct • Cheapdisability aids.co.uk • From: £26.95
<p>Weighted items</p> <p>Lap-pad Neck-pad Weighted toys/animals</p> 	<ul style="list-style-type: none"> • Calming and regulating • Provides deep pressure tactile input • Helpful to focus on tasks 	<ul style="list-style-type: none"> • Amazon • TTS • Sensory direct <p>*These can be handmade with dry rice/sand also*</p> <p>*have child dress up in large coats/jackets etc. which are weighed down with rice or heavy objects for example*</p> <p>*You can try animal door stops also*</p>