



Sense of Body Awareness 'Proprioceptive' Sensory Box

Children require a varied 'sensory diet' or in other words to experience lots of different sensory sensations in order for their sensory systems to develop and mature. That is why it is so important for them to have as many different play opportunities as possible, and not to spend long periods of time in front of a computer or TV screen. Rough and tumble, messy and explorative play are all important ways to give your child as wide and varied a sensory diet as possible.



Some children have a particular sensory system that needs extra input, and in such cases it can be helpful to pull together a collection of toys and materials that provide specific stimulus to that sensory system. These resources are known as 'sensory boxes'.

This leaflet provides some suggestions for ideas to keep in your **Body Awareness** sensory box. This is by no means an exhaustive list but provides you with some ideas to get started. Once you start looking at the world around you through more 'sensory aware' eyes you will begin to notice potential resources everywhere you go!

- Weighted items such as a lap blanket, beanbags, weighted toys etc.



- Tight fitting items such as an inflatable vest or Lycra sports belt.



- Lycra 'body sock' or 'dance sack'
- Chewy toys.
- Squeezy and stretchy toys.



The following page provides printable labels to put on the top and side of your box in case you develop a collection of sensory boxes for your home, nursery or school.



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