

# ALERTING STRATEGIES



## Description

Alerting experiences can help a child who is under-reactive to sensory input, passive or lethargic become more focussed and attentive.

Movement activities and games are a great way for your child to develop their skills of social interaction and communication, as well as coordination, balance and strength. Movement experiences can also help your child develop their sensory processing skills, which can help them feel more organised and focus their attention on other play tasks.

## Activities

- Bright lighting and fresh, cool air. Provide opportunities for outdoor play.
- Fast swinging
- Quick, unpredictable movement e.g. bouncing on a ball or mini trampoline
- Bouncing a child up and down when seated on your lap
- Drinking ice-cold water or carbonated drinks
- Cold water play
- Running – tag games

- Hide and Seek
- Sitting on a ball chair, water mat or air pillow
- Loud, fast music and sudden noises
- Cause and effect toys with sounds and lights
- Strong odours e.g. perfume, peppermint
- Visually stimulating rooms
- Vibration – use a vibrating pillow, wiggle pen etc
- Swimming
- Add rhythm to activities where possible

## MINI-TRAMPOLINE

A mini-trampoline is a versatile piece of equipment that can enable your child to have an intense movement experience, even inside on a rainy day. Make sure to have your trampoline situated in a safe place and that your child is supervised at all times when using it. These games progress from easiest to more difficult:

- Sit and sing 'Row, Row, Row Your Boat' while rocking back and forth and gently bouncing
- Knee bouncing – let them hold your hands in a face-to-face position
- Standing up holding hands
- Jumping and crashing: jumping off the trampoline onto a large pile of soft pillows or mats. You can sing 'Ring Around the Rosey' for this game.
- Racetrack – using coloured circles for red/green 'traffic lights' or use a homemade 'stop' sign. Practice jumping and stopping on command.

## **BIG BALL GAMES**

Big ball games are very popular with children, and you can use space-hoppers as well if you turn the handles out of the way. Games to play with the big ball:

- Knee Bounce: child kneels on the ball while you gently bounce them
- Ball Kick
- Humpty Dumpty: Child sits on the ball with you supporting them. On 'fall' of the Humpty Dumpty song you help them fall to the floor (you might like to have cushions and pillows on the floor).
- Tummy Throw: Child lies on their tummy on the floor and pushes or throws the ball to you, or to hit skittles
- Hit Big Ball: Child bats the ball like a balloon into the air, or to you
- Tummy on Ball: Child lies on their tummy on the ball
- Relax and Rock: Child lies over the ball on their tummy and you gently rock the ball backward and forward.
- Sit and Bounce: Child sits on the ball and bounces themselves up and down with their feet
- Two-Foot Kick: Child uses two feet together to kick the ball away when it is thrown to them