



**THIS FUN AND COLLABORATIVE GAME CAN
SUPPORT STRENGTHENING SENSORY
PROCESSING AND ENHANCE BOTH GROSS
AND FINE MOTOR SKILLS.**

ANIMAL MOVES ACTIVITY

RESOURCES REQUIRED

Animal pictures, toy animals or you can print and make the dice on page 3.

How to Do the Activity

- Use pictures, toys, or you can cut out and make the animal dice on page 3. Together, have a go at moving like the animal in the picture. Take turns or do it at the same time.
- If your child is struggling, you can demonstrate how the animal might move and/or verbally coach them on how to position and move their body.

Benefits of the Activity

- **Sensory Processing:** This activity gives the body lots of feedback to the sense responsible for body awareness (proprioception), which helps with motor planning and coordination, but also helps us to regulate helping with attention and concentration and calm.
- **Gross Motor Skills:** This activity challenges us to use and move the body in different ways, to think about the position of body parts how we need to move them and the space around us. This helps to improve motor planning, coordination and spatial awareness.
- **Fine Motor Skills:** By holding and moving the body in a variety of ways and bearing weight through our arms and hands, we are activating the muscles around our trunk and shoulders this is important for providing a stable base for using our hands for fine motor skills and activities.

Variations

- Practice making noises like the animal too.
- If you are in a group, have animal races. Which animal is the fastest?
- Try moving over different surfaces or round obstacles.
- Tell a story involving animals and move like each animal you come across in the story, e.g. Dear Zoo, Buster's Zoo, Brown Bear Brown Bear What Can You See?
- Create your own story using the dice. Whatever animal it lands on next has to be brought into the tale.

Guidelines

- Play this game with your child as re-building systems needs to be done with feelings of connection, fun and safety.
- Never force your child to play these games, as they will be of no benefit if they don't enjoy them.
- Be guided by your child into changing the sequence and/or varying the game.
- Risk assess the environment and make sure they won't hurt themselves on any furniture.
- Always make it fun!



Cut around the cube.

Fold on the dotted lines.

Glue and stick the flaps to the inside of the cube.

£125
GROUP LICENSES
AVAILABLE

THE POWER OF THE SENSES TRAINING COURSE INFORMATION

RE-BUILDING SENSORY SYSTEMS & SUPPORTING REGULATION IN CHILDREN IMPACTED BY EARLY TRAUMA

Children's sensory systems are impacted when they survive extreme loss, trauma or attachment disruption. They can become 'stuck' over-experiencing or under-experiencing their senses. This affects how they move, play, communicate... in fact all aspects of their everyday lives.

This creative live remote training will introduce participants to the eight sensory systems; giving an overview of what they are, how they develop and what happens when there is early disruption. It will explore what happens in the sensory systems when children are responding to their environment from the survival (fight, flight, freeze or collapse) part of their brain. Participants will be offered a range of hands-on ideas and practical tools to support children at home, in the classroom and in other settings. This is a real 'how to' training which will help any adult supporting a child with sensory disruption to regulate and settle their brain and body.

