

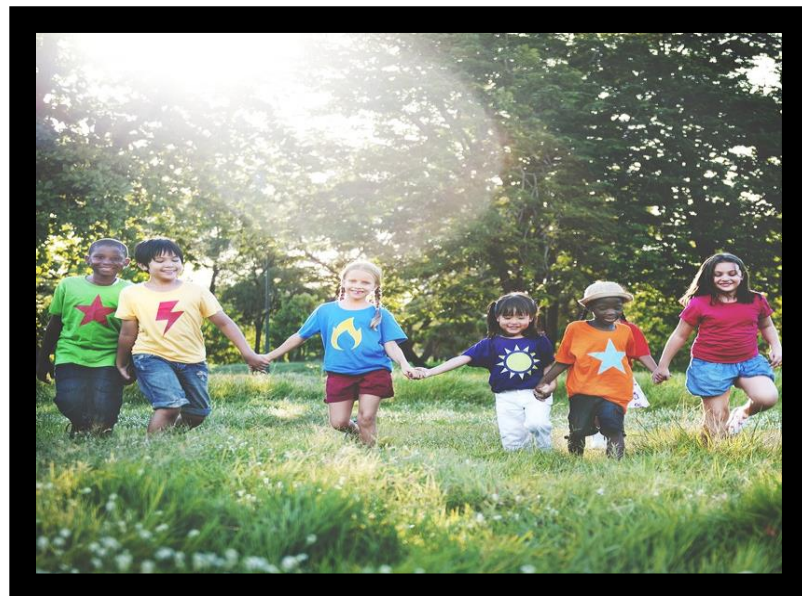
SENSATIONAL

SUMMER

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TBRI® Practitioner



RAISE *the*
FUTURE



REGULATION ACTIVITIES

Regulation activities help to slow down the heart rate, allow the body calm down and place a person in the “Green Zone” which is the ideal state for learning.



DOWNWARD DOG

Bend at the waist and extend both legs pressing both hands into the ground. Inhale for the count of 5 through the nose and then exhale through the nose for a count of 5



LEAN IN

Using a partner, press both palms against each other and step backwards until all your weight is resting in the other person. Inhale through the nose for the count of 5 and exhale through the nose for the count of 5



PUSH/PULL

Sitting on the ground, push both feet against your partners. Alternate pushing and pulling with your partner slowly and only to the place of comfort for both participants.



WALL PUSH

Place your palms on a sturdy wall. Step back as far as comfortable and press against the wall. Inhale for 5 seconds through the nose and then exhale to the count of 5 through the nose.



GROUP TREE POSE

Form a circle and press palms against your neighbors on both sides. Slowly lift one leg as far as you can along the opposite leg. Lean against your neighbors for balance and support.



MINDFUL MEDITATION

Sit in a crisscross style with arms resting on knees with palms facing up. Close your eyes then inhale and exhale through the nose deeply. If imagery is desired, tell a relaxing story to focus and calm the mind.

ALERTING SENSORY FUN



CRASH & BUMP PILLOWS (Proprioceptive, Vestibular)

Using a couch or bench, create a fun pillow tower and let children jump off the platform.

CAUTION: Do not allow the jumping to get too rowdy, too many jumps can be dysregulating.



WHEELBARROW RACE & CLIMBERS (Proprioceptive, Vestibular)

Have wheelbarrow races in the backyard or try doing the wheelbarrow up a set of stairs for a powerful proprioceptive challenge!



CRAB WALK SOCCER (Proprioceptive, Vestibular, Tactile)

In a crabwalk position, play a game of soccer. The only rule is staying in crabwalk, but you can form teams and make goals for increased fun!



STRADDLEBALL (Proprioceptive, Vestibular)

In a crouched position, spread legs apart and make sure the edge of shoes are touching. Then try to get the ball through the legs of the other players. Once the ball goes through the legs, player must turn around and play backwards.



BUDDY BALL CHALLENGE (Proprioceptive, Vestibular)

Standing back-to-back place a ball between the partners. Then challenge the partners to walk a distance without linking or touching arms. Increase the challenge by asking the teams to go faster on the next

CALMING SENSORY FUN



PILLOW SANDWICH (Proprioception, Tactile)

Place a child between two pillows and spread desired on back using various motions and levels of force. Then put the top cushion on top of child and press gently to the child's comfort level



BURRITO (Proprioception, Vestibular, Tactile)

Lay down on a blanket leaving the head exposed. Then roll up the child as tight or loose as the child chooses. Once the child is fully wrapped, challenge them to wiggle out the top.



BUBBLE BLOWING (Proprioception)

Pour bubbles into a see-through cup filling no more than the bottom third of the cup. Then give the child a straw (silicone are the best!) Ask the child to blow bubbles from the bottom of the cup to the top and voila!

CAUTION: remind them not to suck in!

Then blow bubbles in the air and challenge the child to blow the bubbles back up using only the straw.



ROCK THE CRADLE (Vestibular)

Place one child in a blanket while two other people swing the child back and forth. Go as slow or fast as the child requests to stimulate or calm the vestibular system.

SENSORY PROJECTS TO CREATE AT HOME



HAIR GEL SENSORY BAGS

Fill a ziplock bag with hair gel, for extra fun color the gel with liquid watercolor or food coloring for greater variety. You can also add small beads and charms for greater texture to manipulate. Tape on a window or glass door and let your children play!



ERUPTING ICE CHALK (Proprioceptive, Tactile)

Fill Ice cube tray with $\frac{1}{4}$ cup Cornstarch, $\frac{1}{4}$ cup Baking soda, $\frac{1}{2}$ cup water and liquid water colors. Allow to freeze. When frozen take outside and use squeeze bottle or cup filled with white vinegar to see a cool effect!



DIY KINETIC SAND (Tactile, Proprioception)

Mix 1 tsp of water, 5 drops of dish soap, 1 tsp corn starch in one bowl. Mix 2 tsp of elmers glue, $\frac{1}{8}$ tsp liquid starch in another. Start to mix and add any desired liquid water color. Combine ingredients then slowly add sand while kneading to desired consistency



SHEET ART (Proprioceptive)

Hang a sheet outside on a fence or clothesline using clothespins. Fill spray bottles with liquid watercolors and let your artists create their own Jackson Pollock masterpiece!



WATERBEAD BALLOONS & BINS

Hydrate waterbeads and fill a large container with beads. For an extra layer of fun, fill an empty plastic bottle with beads, place a balloon over the mouth of the bottle and let children squeeze the beads into the balloon. Tie a knot on top and create your own squish ball to squeeze or toss with you.

CAUTION: Depending on the strength of your balloon, anticipate the balloon bursting!

Sensory Project Supplies



Sensory Bags
Ziplock Bags
Clear Hair Gel
Liquid Water Colors
Tapes



Erupting Chalk
Ice cube trays
Cornstarch
Baking Studio
White Vinegar
Liquid Water Colors
Squeezy Bottle
Measuring Cups
Mixing Bowls



Kinetic Sand Supplies
Play Sand
Cornstarch
Liquid Starch
Dish Soap
Glue
Water
Liquid Water Colors



Sheet Art
White Sheet
Spray Bottles
Liquid Water Colors



Water Bead Balloons and Bins
Water Beads
Balloons
Empty Plastic Cup
Bin
Bucket
Water

ROAD TRIP!

(Supply list on back)



DIY CARSEAT ORGANIZER

Cut a vinyl shoe carrier into 3 equal parts. Seal the edges with decorative tape. Punch 4 holes on the 2 sections with grommet holes. Lace ribbon through the grommets leaving extra ribbon on both sides to tie around the front seat head rest. Fill the pockets with your favorite snacks, crafts, and



LUNCH BOX LEGOS

Turn an old metal lunch box into a great carrier for a Lego project on your road trip! Trim a base plate into 2 pieces the size of your box. Then hot glue a Lego base plate to the top and bottom tray and bottom of lunch box. Then fill the box with your child's favorite Lego set and let them create away while driving to your next spot!



FOLDER GAMES

Turn a folder into a great base for fun road games (included at end of the packet) Provide a match box car, writing utensils and circular stickers into folder pockets to serve as bingo markers.



PIT STOP REGULATION

At every rest stop, use this time for everyone to get out of the car, stretch, do a wall push or yoga move or breathe and take in the scenery. While it may seem like a hassle, it may just make your next 3 hours peaceful and calm!



LOTION HAND MESSAGES

Using your favorite scented lotion, turn to your neighbor while driving and give each other deep proprioceptive hand massages. Palpating each finger individually is calming and can regulate restless bodies.

Road Trip Activity Supplies



Car Carrier Supplies

Vinyl Shoe Carrier
Decorative Duct Tape
Grommets
Ribbon
Scissors
Snacks, Markers, Water bottle
etc.



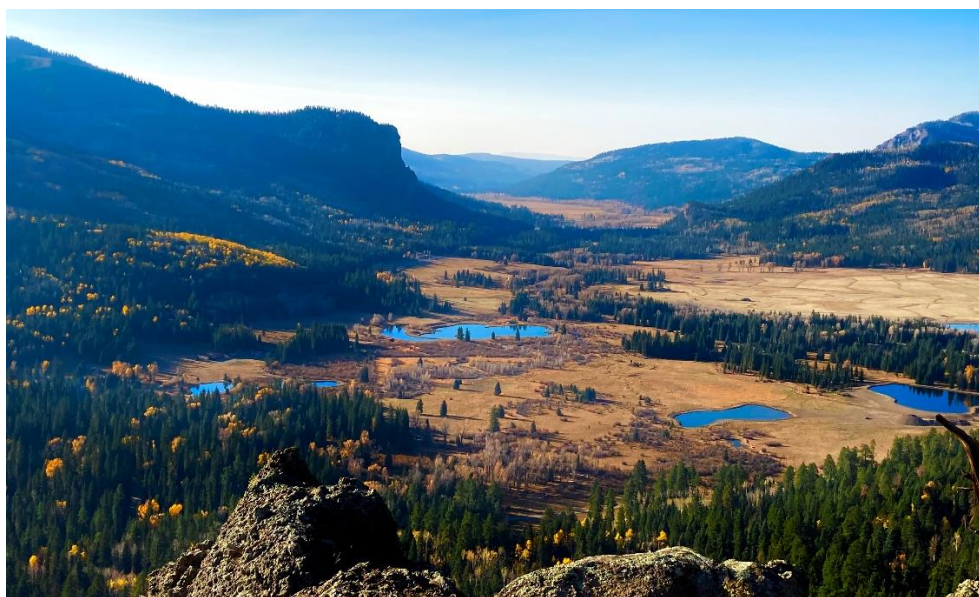
Lunch Box LEGO Supplies

Metal Lunch box
Lego Baseplate
Hot Glue Gun
Legos



Folder Games Supplies

3 ring Binder
Bingo Print Out
Transportation Hunt Print Out



Sensory Friendly Entertainment in Colorado

Activity Resource Site (Multiple activities updated frequently)

<https://www.coloradoparent.com/special-needs-activities-near-denver/>

AMC Theaters (Sensory friendly film Program)

<https://www.amctheatres.com/programs/sensory-friendly-films>

Denver Art Museum (Sensory mornings with dimmer lights, play space, smaller crowds and storytelling)

<https://www.denverartmuseum.org/en/calendar/sensory-friendly-morning-june-2022>

Denver Botanic Gardens (Resources and child friendly play area above parking garage)

<https://www.botanicgardens.org/sensory-processing-autism-resource-kits>

Feel the Beat Dance Studio (Studio with vibrotactile floor)

<https://feelthebeat.dance/schedule>

Lone Tree Arts Center (Sensory friendly shows that raise lights, use ASL and reduced sound)

<https://www.lonetreeartscenter.org/shows>

The Sensory Club (Open concept gym with many sensory activities to meet individual sensory diets)

<https://www.thesensoryclub.com/sensory-gym/>

Wings Over the Rockies (Sensory friendly mornings every 3rd Sunday of the month)

<https://wingmuseum.org/sensoryfriendly/>

Denver Museum of Nature & Science (Autism and sensory processing resources) Autism and sensory processing resources are available for checkout at the Information Desk for no charge. These include noise-reducing headphones, wiggle seats, and a S.P.A.R.K. (Sensory Processing and Autism Resource Kit) Explorer Backpack with various items that can be used to sensory-soothe or sensory-provoke. An ID is required as a deposit.
2001 Colorado Blvd, Denver, CO 80205, ph:303-370-600