



Sensory activities

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Sensory activities

These activities can help regulate and calm the nervous system if your child seems dysregulated at bedtime. There are many activities to choose from and some can be woven into your daytime routine too so try them all and see which ones your little one loves.

Heavy work – throwing or lugging pillows around

Tug of war—with a towel or blanket

Blanket burrito or baby sandwich

- Roll your baby or child in a blanket (like a burrito) apply gentle pressure with a hug or by placing your hands on their body in different places
- Put your little one between two pillows and create pressure by pulling the edges of the pillow down around their body

Toddler toss—gently swing and throw your baby onto the bed or sofa

Roll balls – big pushes with two hands

Pillow chop – hit a big, soft pillow or cushion

Lap tilts – sit down with your child on your lap, facing you. Holding their hands, allow them to tilt backwards so they're upside down and gently rock them side to side a few times. Remember to put a pillow under their head (just in case!)



Row row row your boat – simply sing the song and do the movements. Face each other with knees bent, holding hands and pull and push backwards and forwards.

Blanket swings – cradle your child in a blanket with a parent at either end, holding the blanket. Swing the blanket several times side to side then gently plop your little one down onto a sofa or bed.

Bubble or feather blowing—blow feathers from a hand or bubbles in the bath using a straw or something similar

Jumping on a trampoline or bed (supervised of course!)

Rolling play-doh

Riding a bike

Swimming