

High impact sensory/ regulation ideas

Throwing a ball/ wet bean bag (with weight) into a metal tub for the noise feedback.

Throwing a tennis ball to a Velcro mat and pull to unstick.

Dip cotton wool into watery paint then SPLAT! A large sheet of paper (extra noise effect). Create a beautiful and explosive colour burst!

Shaving foam towers: If you can get hold of 2 large plastic plant pots (the ones with holes at the bottom like this:



Turn the pot upside down and squeeze a large amount of shaving foam over base in a heap. Then slot another pot over the foam so that the foam squeeze through the pot holes like worms!

Ice blocks/ cubes crush: Throw and crush cubes of ice outside. It might be beneficial to wear sunglasses or goggles, for safety.

Could be put into a plastic bag and smashed with something heavy.

Paint flicking/ toothbrush paint flicking

Sandwich bag squeeze. So for this the child can squeeze and “pop” the bags of air (a bit like how kids open packets of crisps...bang!)

Make a pots and pans drum set- hit with spoons. Could experiment with spoons made from different materials ie wooden, plastic, metal.

Sponge splat- wet sponges and throw them at the wall or on the floor to make a 'splat'. Best done on a warm/dry day.

Blowing materials such as tin foil, could differentiate between 'soft blow' and 'strong blow' and look at the difference it makes.

Popping balloons with glitter, water etc inside. (makes a big mess, best done outside!)