

Shake Rattle & Roll at home activity plan

Welcome to our shake, rattle & roll at home class! We have recreated the led play section of our class programme to give you some focus and activities to do with your little one.

At each activity we have given you some background information on why we are doing the activity, some equipment ideas and some options to make the activity a little more challenging for our older babies and it is up to you to grade the activity for your little one, just the same way as we would do in class. If you need any further information on any of the activities don't hesitate to ask.

We would recommend that you play, give them a little rest and then do some play, that way you are helping to regulate the amount of input they are getting and you are giving them time to process too. Use some background music and enjoy some beneficial one on one time with your little one.



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equipment needed

mat or blanket to lie or sit on

something you can shake - e.g. maraca, musical instrument, tupperware container with lentils or rice in

something that rattles - e.g. baby rattle, a bell, couple of links set together

something that rolls - ball, plastic ball pool ball, sensory ball, soft ball, tennis ball

3 - 4 toys of differing textures e.g. book, teddy, plastic toy

led play

Pop down your blanket/mat and free the area of other distractions.

1. rub, rub, rub - with your little one lying on their back give them the little massage that we do in class. Starting at their feet and working their way up to their head use both hands to rub and tap firstly feet, then knees, hips, chests & tummy (being gentle if they have just fed), shoulders, hands (getting into palms of hands) and above hairline. This gives your little ones brains the same information through both sides of their body at the same time, great for their body scheme and their co-ordination.

2. Shaking toy - our shake activity is all about our little ones tracking a noise that you generate. For our younger babies hold your shaker above their eye line so they can watch it move, hold it to one side so our little ones can track the noise and move their head towards it as they are able. For our older babies do some shaking and encourage them to grab and reach for the shaker (hand-eye co-ordination), do some shaking together and then repeat, so you are asking them to find where the noise is coming from and reach for the shaker.

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3. Rattling toy - take the rattle or links and place it in your little one's hand, for our younger babies it is about encouraging them to listen to the noise generated and feel and touch the texture of the toy. Older babies should be encouraged to do lots of shaking, if you notice that they have a preference for shaking in one hand encourage them to swap so they have opportunity to do it on both sides.

4. Rolling toy - for our younger babies please show them the ball above their eye line (aiming for above their nose rather than their forehead so they are not straining their necks backwards) and open up little hands so they go around the curve of the toy/ball. Older babies we are looking for a bit of bilateral co-ordination as both hands come towards the ball to hold it. Encourage them to keep trying if they don't manage this initially. For our sitters we are going to roll the ball towards them encouraging hand to eye co-ordination and their balance skills. Encourage them to start to roll the ball back to you, with practice they'll get there! Lots of positive feedback and encouragement.

5. Tummy time - roll your little one onto their front, give them lots of comfort and contact and distract them with the toys that they've been given. If your little one becomes upset, lift and cuddle them. For older babies place toys further away to encourage reaching and stretching.

break

Really important bit, make sure that you give your little one about a 5 minute break between activities, good time to feed change or have a chat with them in low tones, explain to them what they have just seen.

Shake Rattle & Roll

at home activity plan

exploratory play

Pop your 3 or 4 toys out on your mat/blanket that has a few different textures and talk them through what they have seen, encourage them to touch all the different textures, read them the story and for our youngest ones, open up little hands to feel the different textures.

calming cuddle

hold your little one towards you, one hand round their back, other gathering up legs and rock back and forth gently, using sensory systems to calm them down. Try not to bounce or swing your baby from side to side, replicate being on a

notes

This plan has been put together for parents to carry out independently at home at their own risk, it includes suggested ways to play and toys should be checked for suitability and safety.

The plan should be used in the order that the activities are given so to pace and not overstimulate and as always parents should be baby led, do the activities while their little one is calm and alert, not hungry or sleepy.

Your baby should be supervised at all times and that they keep them in eye sight and arms reach. Please contact us if you have any questions - hello@thesensorysessions.com

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