**Sensory Routine**

**Morning Routine**

Complete activities below in the morning (approx. 10 mins)

* Deep pressure activities (tight hug, deep pressure through feet/joints)
* Use of peanut ball – gentle rocking – if possible get the child to lie on their tummy over ball

Also try the following:

* Use of weighted lap pad whilst eating breakfast
* Use of Move N Sit or Wobble Cushion

**Evening Routine**

Complete a selection before bedtime (approx. 10-15 mins)

* Deep pressure activities (tight hug, deep pressure through feet/joints)
* Rolling in a mat/blanket
* Use of peanut ball – gentle rocking – if possible get the child to lie on their tummy over ball
* Use of Lycra material/lycra suit
* Heavy work – pushing, pulling, lifting

**Daytime routine**

Complete activities suggested below at regular intervals throughout the day:

* Use of fidgets
* Use of Move N Sit/wobble cushion when sitting on the floor
* Use of weighted lap pad
* Use of weighted rucksack
* Oral activities
* Frequent movement breaks
* Use of gym ball/peanut ball – gentle rocking