**Winter sensory pack**

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| **Resource and movement** | **Music**  |
| **Cotton wool / snowball pompoms**Moving cotton wool / snowball pom poms on body to the beat of the music  | Do you want to build a snowman: <https://www.youtube.com/watch?v=TeQ_TTyLGMs>  |
| **Foil blanket** Move the foil blanket over the body by either scrunching it or by keeping the blanket over and draping over the body. | Jack Frost:<https://www.youtube.com/watch?v=UtKS7MFkTXQ>  |
| Sprinkle finger movement on the child’s body  | Little Snowflake: <https://www.youtube.com/watch?v=tbbKjDjMDok>  |
| **Snow themed sensory bags**Before the start of the session fill a ziplock bag with shaving foam. Support the child to explore the feel of the foam on the hands, feet and on their body.  | 5 Little snowmen<https://www.youtube.com/watch?v=vrfCD9wjLUE>  |
| **White material**Gently drape white material over the child’s body along with the music | Winter time is here<https://www.youtube.com/watch?v=LkSccQEkUn0>  |
| Relaxation - Massage | <https://www.youtube.com/watch?v=tpYnYczNkQc&t=143s>  |