**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> |