

ESTABLISHING TRUST

A healthy brainstem allows us to live in a state of calm alertness. To work towards that state, we learn to use our senses to assess and respond to risks. We trust that we can keep ourselves safe. That gives us hope for our future.



Play

Using the five senses (sight, hearing, taste, touch, and smell), explore the environment.

- Use objects of different sizes, shapes, colours, and textures
- Play in nature
- Play with plants and animals
- Play hiding games
- Play with sand and water
- Play with "slime"
- Build structures with a variety of materials
- Build puzzles

Movement

Invite the child to experience the world through gross motor activity.

- Walk or run
- Pull something alongside while walking or running
- Play on a trampoline
- Do hopping and skipping games
- Swing or rock back and forth
- Throw or kick a ball back and forth
- Do tapping games
- Do rhythmic breathing for relaxation
- Swaddle inside fluffy or weighted blankets
- Cuddle with soft materials
- Play games where the child gets to crawl, roll, or walk on their knees

Expressive Arts

Focus on sensory experiences, not finished products. Have fun!

- Do scribbles with crayons or markers on large sheets of paper
- Do finger painting
- Make sculptures with kinetic sand or play dough
- Make musical instruments and try out sounds
- Do free dancing
- Do drumming and dancing
- Create and sing songs

Skill-building

Enjoy sensory experiences during hands-on activities. Practice adding language to sensory experiences.

- Cook and bake various dishes
- Try out and name different tastes, smells, and textures
- Use a variety of materials to construct things
- Notice the various shapes and textures
- Identify and name feelings
- Practice asking for what is needed when feelings are aroused
- Notice and name foreground and background stimuli
- Practice meeting new people and going to new places
- Jointly develop safety plans for risky situations