

Sensory Play Before Bed

1. Stomping and Running (up and down stairs)
2. Jumping (sofa, bed or trampoline)
3. Body crashes (fall from sofa onto large bean bag or cushions)
4. Burrito (wrap in a blanket then commando crawl out (parent hold blanket by feet))
5. Bear hugs (remain in hug for six seconds)
6. Tug of war (using a physio resistance band)
7. Press down (push upper body down into bathroom weighing scales)

Finish with

1. Pillow squashes (child lays on their front, press yoga ball or pillow onto child's body)
2. Crawl up stairs

Top tip: Set a 15 minute timer so child knows when the sensory play and 1 to 1 time will end





Little Dreams Birmingham



Family Sleep Specialist
FREE Facebook group

Little Dreams Consulting can help

