

Sensory Diet Activities

# Sensory Diet Travel Tips

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Whether travelling in a plane, train or car it can be a life saver to have some mobile sensory diet activities on hand.

There are 5 ways to change engine levels - think about these modalities:

Move                  Mouth                  Look                  Listen                  Touch

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## Use muscles (pressure through muscles and joints)

- Thumb wrestling.
- Take opportunities to get out of confined spaces and stretch.
- Encourage child to carry luggage (or part of it).
- Push hands together or link fingers in monkey grip and pull apart to the count of 3...5...7.
- Place feet on floor and rock them - move between up on tip toes to heels down toes up.
- Give or receive a deep bear hug
- Theraband or stretchy tubing are portable and offer opportunities for resistance exercises.
- Use stress balls

## Something in the mouth

- Chewing gum
- Think about snacks which are chewy, crunchy or require sucking
- Hum songs to provide lip closure kids also enjoy the vibrations this creates
- Use a quiet whistle toy such as a corn cob blower



## Look at something

- Small oil timers
  - Dim the lighting to subdue high energies.
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## Listen to music

- Music on iPod - favourite tunes or calming baroque style.
- Look for music supplied through Rhythmic Entrainment Therapy web site [www.stronginstitute.com](http://www.stronginstitute.com)
- Use ear plugs or ear muffs to dampen unwanted sounds.
- Breathe deeply in time to slow music.

## Fidgets

- Have a collection of small fidget toys.
- These can include stress balls; squeeze keyrings; wooden palm massager; finger puppets; wrist bands; woollen string for cat's cradle games.

## Other thoughts...

- Remember to breathe - when children's energies are running high, often their breathing becomes shallow - encourage deeper breaths by extending the exhale eg blowing games.
- Use focus point eg take a pulse
- Be aware of temperatures especially air conditioning... too cold/ too hot
- Keep children well hydrated and have access to food snacks

This resources series is brought to you by Magnetic Moves. We develop and supply tools, practical information and workshops to aid parents, teachers and carers with interest in Sensory Processing Disorders in pre-school and school aged children.

For more information on our services visit us at [magneticmoves.com.au](http://magneticmoves.com.au) or email [admin@magneticmoves.com.au](mailto:admin@magneticmoves.com.au)