



swp

**the sensory
workout program**


2 to 6 years

Become a Certified SWP Facilitator!



If you are using this Sensory Workout Program, we invite you to take an online training session with AC&A's expert therapists and delve deeper into SWP's features and functions!

The SWP online training course is delivered in 2 pre-scheduled live sessions of 60 minutes each, designed for parents, caregivers, health and education professionals, nursing staff, SEN workers, social workers, and adoption workers interested in expanding their sensory balance skills.



**the
sensory
workout
program**

2 to 6 years

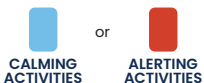
2 to 6 years

instructions

The exercises are color coded and organized for practical and clear understanding.

Set up your cards in this order:

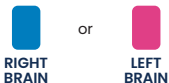
STAGE 1
choose
1-2 cards



STAGE 2
choose
1-2 cards
of each



STAGE 3
choose
1 card



Follow the color-coded card and specific time frame suggestions for each exercise, it's that EASY!

The SWP can be **30, 45 or up to 60 minutes**.
Perform the program **2x per day**.



calming activities

2 to 6 years

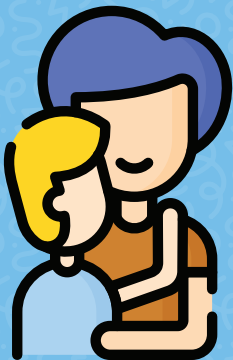
A child may need a Calming Activity to begin the Sensory Work Out Program (SWP), there are many situations throughout the day that can trigger stress and frustration.

A Calming Activity will allow the child to relax, regulate and prepare for the next step in the SWP.

10 Minutes Suggested

calming activities

Deep Pressure Squeezing/Hugs



2 to 6 years

MATERIALS

Bean Bag Chair or Comfortable Seat •
Soft Relaxing Music

INSTRUCTIONS

10 firm compressions to the top of head
and forehead

10 deep squeezes to shoulders

10 deep squeezes to the forearms

10 deep squeezes to the trunk and hips

10 deep squeezes to the thighs

Repeat for 2-3 trials

Provide the child with a quiet/
comfortable space.

Optional: softrelaxing classical music/
nature sounds.

calming activities

Brushing Textures



2 to 6 years

MATERIALS

Bean Bag Chair or Comfortable Seat

- Large Powder Puff • Silky Cloth • Lambswool • Soft music as an option

INSTRUCTIONS

With moderate pressure:

Soft Powder Puff - Both arms and legs

Both Arms Up and Down 10x

Both Legs Up and Down 10x

Back and Over Shoulders 10x

Smooth Silky Cloth - Both Arms and Legs

Both Arms Up and Down 10x

Both Legs Up and Down 10x

Back and Over Shoulders 10x

Lambswool Cloth - Both Arms and Legs

Both Arms Up and Down 10x

Both Legs Up and Down 10x

Back and Over Shoulders 10x

May use soft relaxing classical music or nature sounds in a quiet space.

calming activities

Rocking Chair



2 to 6 years

MATERIALS

Rocking chair/ large enough to comfortably support head, neck and full trunk • Headphones/ Music player/ soft classical or nature sounds (optional) • Weighted blanket/ soft cover (optional) • Fidget toy (optional)

INSTRUCTIONS

Child is seated comfortably in a chair.

Place the weighted lap pad, blanket or soft cover on the lap. As optional use the soft music with or without headphones.

Rock forward and back at a slow and steady pace.

calming activities

Therapy Ball



2 to 6 years

MATERIALS

Medium Size Therapy Ball • Headphones
• Music player • Soft classical or nature sounds (optional)

INSTRUCTIONS

The Helper sits in front of the Participant (Child).

The Child sits on the Ball, the helper gently rocks the child Left/Right while hands are placed on the child's hips 10X L and R then forward and back 10X forward and backward.

The child lays on tummy and the helper rocks the child as above 10X L and R then forward and back 10X forward and backward.

The child lays on the back and the helper rocks the child as above 10X L and R then forward and back 10X forward and backward.

Repeat if time permits and Child demonstrates need for more calming sensory input.

calming activities

Rice/Sand Treasure Bin



2 to 6 years

MATERIALS

Rice or Sand • Plastic bin with a variety of objects such as beads, coins, pompoms, wooden ½ inch shapes and a variety of preferred small ½ inch toy parts/toys • Create your sensory bin with a theme in mind! (ocean, animals, shapes)

INSTRUCTIONS

Hide the objects in the sand or rice.

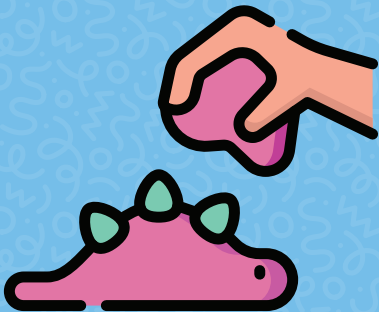
Allow the child to dig deep into the bin, fishing for the objects.

Make a game and have child fish for number, specific, Color, Shape, Size and Category.

Fishing out and burying objects.

calming activities

Putty-Play



2 to 6 years

MATERIALS

Putty • Play-doh • Cookie Cutters • Small cups for play • Beads • Coins and ½ inch manipulative

INSTRUCTIONS

Roll out putty to make log rolls.

Roll a large ball then roll to make small balls.

Roll a large ball flatten with hands and use cookie cutters to make shapes.

Push the putty into small cups, hide 6-20 beads and coins by pushing down with fingers.

calming activities

Listen to Music



2 to 6 years

MATERIALS

Headphones • Music player, relaxing classical or nature sounds are suggested music choices • Fidget toy

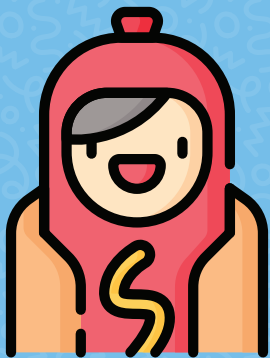
INSTRUCTIONS

Child sits in a comfy chair, soft mat, carpet or bean bag chair and listens to music.

This activity is similar to Rocking Chair/ Music.

calming activities

Taco – Hot Dog Game



2 to 6 years

MATERIALS

Large blanket • Sleeping bag

INSTRUCTIONS

Wrap child up in a blanket/ sleeping bag tightly (snuggly).

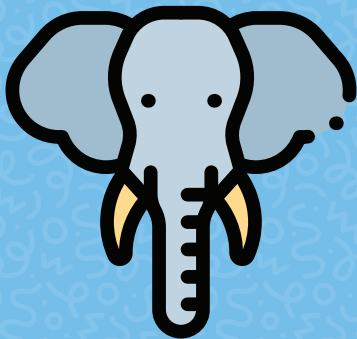
The caregiver pretends the child is a taco or hot dog and adds the toppings with a variety of hand rubbing, palm pressure and deep massages over the arms, back and legs only.

Add: ketchup, pickles, mustard, onions, etc. using a variety of finger movements, hand rubbing, palm pressure and deep massages over the arms and legs and back only.

Be creative and fun with the child, add silly things, socks, pizza, potato chips, teddy bears....

calming activities

Animal Walks



2 to 6 years

MATERIALS

Animal picture cards • Soft background jungle music if available • Helper/caregiver to model animal movements

INSTRUCTIONS

Show animal picture to child/say the animal's name.

Demonstrate the animal movement while walking around the small circle, take turns with the child.

Elephant, monkey, gorilla, frog, cheetah, snake, lion.

Be creative.

calming activities

Yoga Moves



2 to 6 years

MATERIALS

2 Yoga mats • Yoga picture cards for kids • Music • Nature sounds or sleep time music choice

INSTRUCTIONS

Child and Helper (Caregiver) sit on their yoga mats and pick yoga cards from the deck.

Complete 10-20 yoga poses holding each pose at least 10-15 seconds and repeat.



alerting activities

2 to 6 years

alerting

A child may need an Alerting Activity to begin the Sensory Workout Program (SWP). This is for children who need more sensory input from their environment.

Providing selected alerting activities, can increase the child's level of attention. This will prepare your child for the next step in the SWP.

10 Minutes Suggested

alerting activities

Crab Walk and Race



2 to 6 years

MATERIALS

Helper and Child • Card with Crab Walk Model

INSTRUCTIONS

Helper (Caregiver demonstrates the crabwalk)

The Helper and Child Crab Walk Straight Lines forward and back 6-8 feet x2

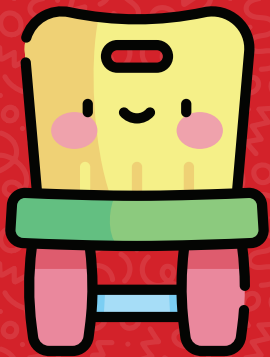
Sideways 6-8 feet x2

Circles around a 5-foot radius x2

Repeat

alerting activities

Chair and Wall Push Ups



2 to 6 years

MATERIALS

Sturdy Child's Chair and a Wall

INSTRUCTIONS

Helper demonstrates on a chair pushing up from the chair seat 5x3, repeat and hold each up about 2-3 seconds (count 1-2-3).

Helper demonstrates pushing against the wall elbows straight then bent performing wall pushup, feet stay planted on the floor (not moving) 5x3 quickly, repeat and hold each position about 2-3 seconds (count 1-2-3).

Perform floor push ups, knees on floor. 5x3 quickly, repeat and hold each position about 2-3 seconds (count 1-2-3).

alerting activities

Hide and Seek Game



2 to 6 years

MATERIALS

Helper and child in safe room with places for child to "Hide"

INSTRUCTIONS

Safe contained environment with supervision.

Helper tells the child to hide in the room and counts to 10.

Helper seeks to find the Child, repeat 3 times then switch (Helper hides and Child is the seeker).

There are several versions of this game, can be looked up for other versions.

alerting activities

Drums and Morocco Play



2 to 6 years

MATERIALS

Drum • Morocco • Rain-Stick • Music Player

INSTRUCTIONS

Play 2-3 of the child's preferred music songs lasting 5 minutes.

Place the drum, morocco, rain stick (variety of 2-3 instrument choices) between Helper and Child.

While listening to the music the Helper calls out the instrument the child should use so the child can actively listen and play. Random and unexpected input increases alertness.

alerting activities

Bouncing and Therapy Ball



2 to 6 years

MATERIALS

Inside small trampoline • Outside large trampoline or large/medium Therapy ball (yoga ball)

INSTRUCTIONS

Trampoline: Helper begins by having the Child (participant) follow a variety of 1-2 step movements: jumping up and down landing on 2 feet x 10, (trampoline may need the grab bar, holding hands with Helper).

Running/Jumping in place count to 10, STOP, 10, STOP, 5, STOP (random patterns increases alertness).

Therapy Ball/Yoga Ball: Helper sits in front of Child stabilizing the ball. Sit and bounce using the above Bouncing/STOP/Bouncing patterns (random patterns increases alertness).

alerting activities

Shaving Cream Play



2 to 6 years

MATERIALS

Shaving Cream • Sand • Paper Towels •
Small Table and Shape Picture Cards

INSTRUCTIONS

Helper begins by having the Child (participant) follow a variety of 1-2 step movements: jumping up and down landing on 2 feet x 10, (trampoline may need the grab bar, holding hands with Helper).

Running/Jumping in place count to 10, STOP, 10, STOP, 5, STOP (random patterns increases alertness).

Therapy Ball/Yoga Ball: Helper sits in front of Child stabilizing the ball. Sit and bounce using the above Bouncing/STOP/Bouncing patterns (random patterns increases alertness).

alerting activities

Rolling/Feet on Nubby Ball



2 to 6 years

MATERIALS

2x Nubby/Bumpy Plastic Balls x 2

INSTRUCTIONS

Child (participant) is seated on a small chair, feet can touch the floor. Place one nubby ball under foot and have child roll foot and ball forward and back 10 rolls.

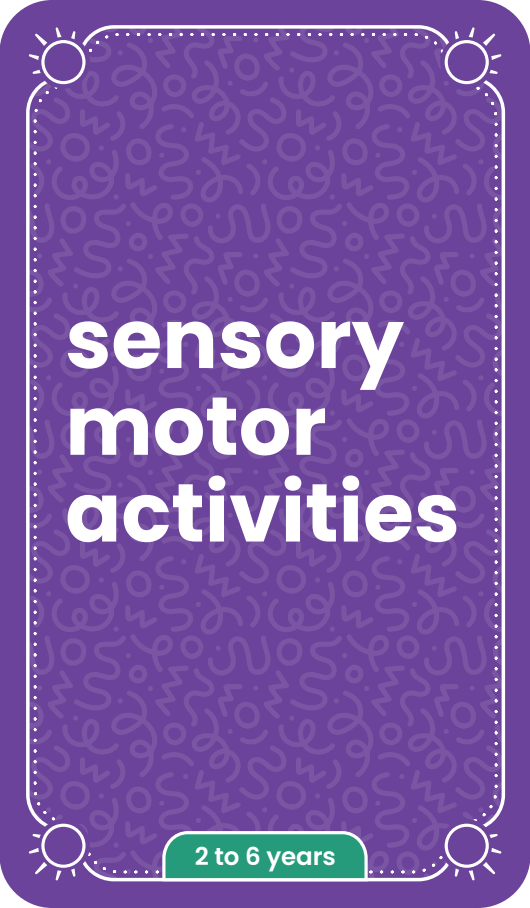
Switch foot 10 rolls.

Both feet 10 rolls.

Roll ball between both hands in a linear fashion 10 rolls, then circular 10 x2 (each direction).

Repeat the above sequence.

Helper can roll the ball over the child's back, arms and legs for extra alertness and readiness!



sensory motor activities

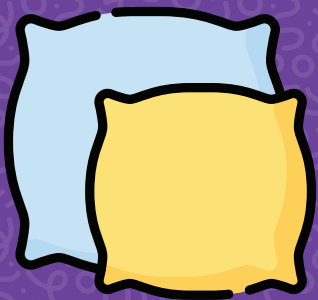
2 to 6 years

Activities are carefully selected that will stimulate the senses, promote purposeful movement and thinking while using the Left and Right Brain.

10 Minutes Suggested

sensory motor

Bean Bag Toss



2 to 6 years

MATERIALS

3 to 4 Colorful Bean Bags

INSTRUCTIONS

Helper sits or stands across from the Child holding the bean bags.

The Helper toss's the bean bag using Left hand to the Child's Left hand only 5-10 x, Child tosses back using the Left hand.

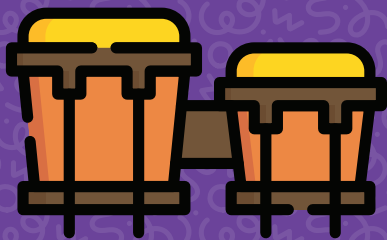
The Helper toss's the bean bag to the Child using Right hand, the Child using the Right-hand tosses back to the Helper only 5-10 x

The Helper toss's the bean bag to the Child's opposite hand (diagonally), 5-10x and repeat with the other hand diagonally, (recommended for older children)

Repeat

sensory motor

Drumming



2 to 6 years

let's begin

MATERIALS

Floor Drum or Bongo • Plastic Container with Lid • Bucket • Drumming Sample Card

INSTRUCTIONS

Drumming Imitating Patterns Incorporating the Left and Right hands

The Helper sits across from the Child with the drum placed between both

The Helper begins the 1-3 step sequencing of drum patterns The Child imitates the Helper 5-10 minutes

Drumming Imitating Patterns Samples:

Step 1: Helper beats 1 beat and the Child imitates. Use a regular beat, short/swift beat, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 1 step 5-10 times with Left and Right hands.

Step 2: Helper beats 2 beat rhythm and the Child imitates. Use a 2-beat pattern, short/swift beats, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 2 step 5-10 times with Left and Right hands/Mix up the type of beats

Ex: Soft-Hard / Short-Regular / Soft 1 finger-Hard Full Hand

Step 3: Helper beats 3 beat rhythm and the Child imitates. Use a 3-beat pattern, short/swift beats, soft beat or hard beat. Use 1 finger, 2 fingers or hand. Repeat this 3 step 5-10 times with Left and Right hands/Mix up the type of beats

Ex: (Full Hand) Soft-Hard-Short Short-Regular-2Finger Soft *Soft 1 finger-Hard Full Hand-Fist

sensory motor

Butterfly Breathing



2 to 6 years

MATERIALS

2 Butterfly Finger or Hand Puppets • 2 Scarves • Classical music (Use soft music, nature sounds or children's classical music)

INSTRUCTIONS

The Helper sits in front of the Child demonstrating techniques for Butterfly Breathing. Mirroring each other, the Helper and the Child simultaneously perform this breathing exercise.

Place the finger puppet on the Child's Right/Left hand (finger), opened hand or hold a scarf. Blow into the hand with the puppet, scarf or hand raising the hand in the air. Blow the butterfly into the sky . Butterfly will take flight and then land back on the Child's lap during exhale(blowing)-inhale sequences.

10 x 2 Left

10 x 2 Right

10 x 1 Both Hands Repeat

oculomotor activities

2 to 6 years

Eye gazing techniques
(pre-reading, scanning, tracking).

The intent is to strengthen the tracking
and scanning skills of the child.

10 Minutes Suggested

oculomotor

Bubbles



2 to 6 years

MATERIALS

Bubbles and a Variety of Bubble Wands

INSTRUCTIONS

Helper stands in front of the child, about 3 feet and blows bubbles above, both sides and in front.

Child pops bubbles with hand or finger

Child stomps on bubbles

Child Counts Bubbles

oculomotor

Balloon Toss



2 to 6 years

MATERIALS

4 colored balloons • Cards with matching colors of balloons • Classical music for children

INSTRUCTIONS

Helper Tosses the Balloons in the air in front of child

Helper shows the child the color card of the balloon to be hit with hand

Child taps or bats the balloon matching the color from the card

Helper may up-grade to 2-4 color cards

oculomotor

Memory Card Game



2 to 6 years

MATERIALS

Child Picture Match Memory Games

INSTRUCTIONS

Helper lays out 2 rows of 4-6 matching pictures

Child attempts to scan and find matching pictures turning over the cards to make a match

Helper adds more cards increasing the visual field scanning field as needed

oculomotor

Eye Spy- Flashlight/Follow the Leader Games



2 to 6 years

MATERIALS

2 Flashlights

INSTRUCTIONS

EYE SPY

Helper has the child use the flashlight to point to 10 x 2 items in the room Example: "Find something Brown" (ceiling Fan), "Find a red truck", "Show me the door handle"

FOLLOW THE LEADER

Helper slowly and randomly moves the flashlight to different points on a blank wall or in a room, the child follows and trails the Helper as a "Follow the Leader Game", on a chair, TV, floor, teddy bear...



core workout activities

2 to 6 years

Strengthening and Activating
Brain Function
Choose 1-2 cards.

10 Minutes Suggested

sensory motor

Color Cone Roll



2 to 6 years

MATERIALS

5x5 Picture Sample Cards • Colored Cones • Tennis Ball

INSTRUCTIONS

Colored cones are positioned in a semicircle with the Child seated in front on floor or lying on tummy, facing the cones.

The Child rolls the ball to the first cone starting R side attempting to hit the cone. Then repeat rolling to each cone in order completing the 5 cones. Repeat this sequence x 3.

The Helper shows 2 colored cards to the child. The child follows the presented colored card sequences attempting to hit the cones matching the colored cards in the sequence shown. x 5 trials

The Helper can increase the number of cards (sequence) from 2 cards to 3-4 as the with consistent progress.

Repeat the activity not exceeding the number of successful trials.

sensory motor

Racket Small Bean Bag Toss



2 to 6 years

MATERIALS

Bean Bags (2-3 different colors) • Small Child's Racket

INSTRUCTIONS

Child holds the racket/net in one hand, tosses the bean bag up in the air with the opposite hand catching with the racket/net x 5

Repeat with the other hand and alternate L/R

May increase intervals/tosses- up to 10

sensory motor

Color Pad Jump



2 to 6 years

MATERIALS

Colored Jump Pads • Colored Sequence Cards (5x5 Color Sample Cards)

INSTRUCTIONS

Space colored pads with 2-4 inches between each pad, Follow the "Placement Card" as a model for pad placement

The Helper shows the child the 2-4 color cards for the child to jump and match the sequence, the helper starts with 2 colors and upon child mastering 2 colors, moves to 3 then 4 (mastery suggested repeating 5x of each level at 100%)

Child jumps on the pads following the colored sequence cards forward / back and diagonally (See Sample Colored Sequence Cards)

The Helper will use verbal, gestures and visual matching colored cards as needed

The Helper shows the sequence cards and calls the color sequence to the child

Repeat following sequences provided or make your own with individual color cards



right brain activities

2 to 6 years

Centered Activities Brain:

Art awareness

Creativity

Imagination

Music Awareness

Holistic Thought

sensory motor

Building Blocks



2 to 6 years

MATERIALS

Large Foam Blocks • Small Playing Blocks Assorted Colors and Shapes • Pom-Poms • Play Cars • Small Figurines • Small Plastic Animals • Age 4-5 start Lego & Duplo blocks

INSTRUCTIONS

The Child imitates making block piles moving the block piles around on the floor.

Next the child imitates constructing small trains and small towers.

Build a "Block Maze", The Helper shows the Child simple block maze building that can be used as a car track, pom-pom track, even a small figure moving through the Maze.

Build a Zoo or House, The Helper shows the Child a simple Zoos structure or House (room) and allow the Child to add on while playing and inserting the small animals and play dolls. Use your imagination!

sensory motor

Color and Paint



2 to 6 years

MATERIALS

Water-Color Paints • Paper • Large Markers
• Small Shape Sponges • Age 3+ Include
thinner paintbrushes

INSTRUCTIONS

Helper demonstrates drawing a shape, free style simple "scribble" design, Child imitates. Take turns.

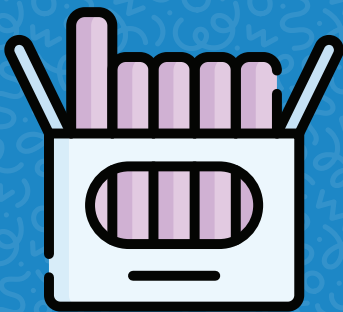
Helper demonstrates placing one finger/thumb for each color paint and press the paint along the lines.

Helper demonstrates making designs with sponges dipped in the colored paint, be creative, use feathers, large handled brushes, cotton balls and textured fabrics.

Follow up activities for painting can be found ages 2-5 using a variety of handy resources.

sensory motor

Sidewalk Chalk Play



2 to 6 years

MATERIALS

Large Sidewalk • Outside pavement area •
Large Chalkboard

INSTRUCTIONS

Helper starts by drawing shapes and simple designs; Child imitates or copies.

Helper may suggest drawing simple familiar designs using a variety of colors or "free draw", be creative.

sensory motor

Jungle Animal Dance



2 to 6 years

MATERIALS

Children's music downloaded • Tapes or videos theme-based jungle, animal or any nature sounds

INSTRUCTIONS

Helper plays the music associated with the Jungle.

Helper and the Child pretend to be different jungle animals while listening to the music and dance and walk like the animals in the jungle.

sensory motor

Imagination Play



2 to 6 years

MATERIALS

Variety of household play and homemaking materials such as: dolls • gardening • pots and pans • blankets • cardboard boxes

INSTRUCTIONS

Planting a Garden with Plastic Flowers and Pots

Imaginative Play with Plastic Food and Kitchen pots and pans

Indoor Camping Play

Washing Baby Dolls

Playhouse

Play Race Car in Oversized Boxes

sensory motor

Music Play



2 to 6 years

MATERIALS

Maracas • Tambourine • Drums • Scarves •
Feathers • Ribbons • Sticks • Music

INSTRUCTIONS

Maracas, Tambourines and Drums, Play
Music with the Ethnic Beats

Dance with Silk Scarves, Ribbons and
Streamers on a Stick. Imagine they are
wings, Waves of Water, Wind and Rain...

Balloons and Feathers

Use with soft flowing Music and Dance

Once you get started, you'll be amazed
at how much fun can be had from such
ordinary everyday things.



right brain activities

2 to 6 years

Centered Activities Brain:

Language
Reasoning
Writing
Number Skills
Science/Math
Imagination

sensory motor

Connect The Dots



2 to 6 years

MATERIALS

Connect the Dots Activity Book • Paper • Crayons • Markers • Finger paint • Small paint brush

INSTRUCTIONS

The Child imitates making block piles moving the block piles around on the floor.

Next the child imitates constructing small trains and small towers.

Build a "Block Maze", The Helper shows the Child simple block maze building that can be used as a car track, pom-pom track, even a small figure moving through the Maze.

Build a Zoo or House, The Helper shows the Child a simple Zoos structure or House (room) and allow the Child to add on while playing and inserting the small animals and play dolls. Use your imagination!

sensory motor

Sequence Picture Cards



2 to 6 years

MATERIALS

Pictures and photographs • Sequential sized objects favorite snack recipe • Breakfast or sandwich items • Free or purchased preschool sequence worksheets • Board games and "Helper" supervised guidance of household routine

INSTRUCTIONS

Sequence Photos or Toys: Use basic concepts such as small, medium, big or short, taller, tallest to arrange objects or pictures in the correct order.

Making a simple 3 step-4 step snack or preparing breakfast, sandwich or a favorite drink.

There are Free Printable preschool picture cards available online or use a workbook for matching sequences 1-4 steps.

Provide the Child with up to 3 step functional activities/tasks for home routines.

Examples: planting seeds, washing face or hands, getting dressed, brushing teeth, making a sandwich or helping to feed a pet.

Helper can use almost any 3-4 step routine (age appropriate and safe) to practice sequencing skills. Board games are available too.

sensory motor

Puzzles
Word Games
Number Games



2 to 6 years

MATERIALS

Wooden number/letter games • Wooden food and animal play puzzles • Counting manipulatives/large beading • Matching games

INSTRUCTIONS

Helper sets up time and a few puzzles to play on floor and tabletop.

Helper interacts and plays with the Child using wooden animal puzzles, food puzzles, wooden number and letter games.

Helper interacts with sorting and counting shapes and color manipulatives and stringing beads.