

SENSORY INTEGRATION - ORO MOTOR ACTIVITIES

BLOWING ACTIVITIES:

1. **Blowing Feathers** - blow feathers with a straw, try to lift the feathers in the air by blowing underneath them.
2. **Blowing into water** - Blow through different thickness of straws into water, blowing bubbles.
3. **Table football** - blow a ping pong ball using a straw back and fourth over a table, adult one side, child the other. Remember to discourage the child touching the ball with their hand. Use heavier balls in time, working up to a gold ball, so heavy and harder to blow.
4. **Blowing paint** blow paint on a piece of paper so the child watches the pattern they have made
5. **Blowing ball in a basket** - use the children's party bag game (available from TESCOs) - keeping a ball up in the air above a basket . Encourage the child to show a sustained airflow, so the ball hovers over the basket.
6. **Bubbles** - encourage blowing bubbles.
7. **Blowing party horns** (beware of the noise) encourage the child to blow the horns with unrolling paper. Encourage a sustained blow, by copying you.

CHEWING ACTIVITIES:

1. Chew on **chewy tubes**
2. Chew on the **grabber chewy tubes** (usually flavoured - L's is grape flavoured) adult holds the grabber on back molars, encouraging chewing one side five times, then swap to the other side 5 times.
3. Pull at **dried fruit** - apricot, anything that you can rip with your teeth
4. Chew on **chewing gum**
5. chew on **chewy sweet**

SUCKING/CRUNCHING ACTIVITIES:

1. **Suck or crunch on a lolly**
2. **Suck or crunch on a boiled sweet.**