



Welcome to Our Learning Journey!

This workbook is designed to introduce young children to the fundamental concepts of sensory integration and gross motor skills. Through engaging and interactive activities, we will explore the importance of these skills in everyday life and provide opportunities for practice and development.

What is Sensory Integration?

Sensory integration refers to the process by which our brains take in, process, and integrate information from our senses. This includes:

- Sight
- Sound
- Touch
- Taste
- Smell

Activity 1: Sensory Sorting

Sort the following objects into categories based on their sensory properties:

- A ball (touch, sight)
- A bell (sound)
- A piece of fruit (taste, smell)
- A picture (sight)

What are Gross Motor Skills?

Gross motor skills refer to the abilities that enable us to move our bodies and perform physical actions. This includes:

- Running
- Jumping
- Throwing
- Catching

Activity 2: Gross Motor Skills Challenge

Complete the following gross motor skills challenges:

1. Jump up and down 5 times
2. Throw a ball into a bucket
3. Run to a designated point and back

How Do Sensory Integration and Gross Motor Skills Work Together?

Sensory integration and gross motor skills work together to enable us to navigate our environment and interact with others. For example:

- When we run, our brains use sensory integration to process information from our senses to help us balance and coordinate our movements.

Activity 3: Sensory Integration and Gross Motor Skills Obstacle Course

Complete an obstacle course that requires the use of sensory integration and gross motor skills, such as:

- Crawling through a tunnel
- Balancing on a balance beam
- Throwing a ball into a bucket

Why are Sensory Integration and Gross Motor Skills Important?

Sensory integration and gross motor skills are essential for everyday life. They help us to:

- Navigate our environment
- Interact with others
- Develop essential life skills

Activity 4: Sensory Integration and Gross Motor Skills in Everyday Life

Identify how sensory integration and gross motor skills are used in the following everyday activities:

- Playing a sport
- Riding a bike
- Eating a meal

How Can We Develop Our Sensory Integration and Gross Motor Skills?

We can develop our sensory integration and gross motor skills through practice and repetition. This can include:

- Engaging in physical activity
- Participating in sensory integration activities
- Practicing gross motor skills challenges

Activity 5: Sensory Integration and Gross Motor Skills Practice

Practice the following sensory integration and gross motor skills activities:

- Playdough
- Sensory bins
- Obstacle course

What are Some Common Challenges that May Affect Sensory Integration and Gross Motor Skills?

Some common challenges that may affect sensory integration and gross motor skills include:

- Sensory processing disorder
- Physical disabilities
- Learning difficulties

Activity 6: Supporting Sensory Integration and Gross Motor Skills

Identify ways to support individuals with sensory integration and gross motor skills challenges:

- Providing adaptive equipment
- Offering sensory integration activities
- Practicing gross motor skills challenges

How Can We Create a Supportive Learning Environment?

We can create a supportive learning environment by:

- Providing opportunities for physical activity
- Incorporating sensory integration activities
- Promoting social interaction and collaboration

Activity 7: Creating a Supportive Learning Environment

Design a supportive learning environment that incorporates sensory integration and gross motor skills activities:

- Include a sensory bin
- Create an obstacle course
- Provide opportunities for physical activity

What are Some Fun Activities that Can Help Develop Sensory Integration and Gross Motor Skills?

Some fun activities that can help develop sensory integration and gross motor skills include:

- Dance parties
- Yoga
- Sports

Activity 8: Fun Activities

Participate in the following fun activities that can help develop sensory integration and gross motor skills:

- Dance party
- Yoga
- Sports

How Can We Apply Sensory Integration and Gross Motor Skills in Real-Life Situations?

We can apply sensory integration and gross motor skills in real-life situations by:

- Using sensory integration to navigate our environment
- Using gross motor skills to interact with others
- Developing essential life skills

Activity 9: Applying Sensory Integration and Gross Motor Skills

Identify ways to apply sensory integration and gross motor skills in real-life situations:

- Using sensory integration to navigate a busy street
- Using gross motor skills to play a sport
- Developing essential life skills such as cooking or cleaning

Conclusion

Congratulations on completing our learning journey! Remember that sensory integration and gross motor skills are essential for everyday life, and that practice and repetition can help develop these skills. Keep exploring and learning, and most importantly, have fun!

