Activities to Support Finding the Smile!
Having Fun with Sensory Social Routines

1. Find the Rhythm of Sensory Social Routines

Pick a sensory rich activity and find the smile!

- Get your child’s attention focused on you when he is not engaged in something else.
- When you have your child’s attention position yourself so you are face to face and begin a brief game. Repeat several times, then pause/wait, looking expectantly and watch your child cue for continuing.
- Pause right before the big event.
- At the big end of the big event, stop, look at your child excitedly, place your hands and body as if you are about to do it again, and wait.
- Once you or your child loose interest say “all done with ____”.
- Sing songs with motions, make up songs and lap games.

Some Sensory Social Games to Consider

- Pattycake
- Peekaboo
- This Little Piggy
- Chase
- Airplane
- So Big
- Dancing to Music
- Creepy fingers
- Itsy-Bitsy Spider
- Open – Shut Them
- Twinkle, Twinkle, Little Star
- Ring-around-the-Rosy
- The Wheels on the Bus
- If Your Happy and You Know It
2. Build a Repertoire and Refine the Routines

Get Creative in Building and Varying Your Sensory Social Repertoire

✓ Keep your turn short, so your child has more opportunities to respond.
✓ Avoid the situation in which you are making your child happy by simple entertaining your child.
✓ Once your child shows enjoyment, participation, and recognition of one familiar routine, go ahead and add another.
✓ Find a variety of times during the day to build in sensory social routines.
✓ Once it starts to feel repetitive to you, add some variation.
✓ Know when it is time to end the game.

Know When to Use Objects in Sensory Social Routines

Games and Songs with Objects

<table>
<thead>
<tr>
<th>Blowing Bubbles</th>
<th>Balloons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinwheels</td>
<td>Swinging child through your legs</td>
</tr>
<tr>
<td>Pom Poms</td>
<td>Rocking the child on a rocking horse</td>
</tr>
<tr>
<td>Lotion</td>
<td>Rocking chair-rock fast, rock slow</td>
</tr>
<tr>
<td>Scarves - throw, hide under</td>
<td>Spinning in a swing</td>
</tr>
<tr>
<td>Blankets or mats- roll your child up or swing</td>
<td>Splash games with water in the bath</td>
</tr>
<tr>
<td>Peek-a-boo with an object</td>
<td>Noisemakers</td>
</tr>
<tr>
<td>Pushing your child on a swing</td>
<td>Slinkies</td>
</tr>
</tbody>
</table>
3. Optimize Your Child’s Energy Level for Learning

Learn to Dial Down the Activity When Your Child is Getting Highly Aroused

✓ Make the play gentler the minute you see your child getting overly aroused.
✓ Use sensory social routines to help your child adjust her arousal level.

Find Ways to Energize an Under-aroused Child

✓ Move the child quickly by bouncing, jiggling, spinning, or using fast paced actions or songs.
✓ Use stronger touches, more volume, a bigger voice, more emotion.
✓ Use physical actions involving rapid or rather jerky movements.
✓ Use sensory social objects that create big sounds or visual events.
✓ Use touch to “rev up” and under-aroused child.