

## Resource 2

Look at the resource below, which explores some of the ways sensory toys can help us.



Gross motor skills can be developed using sensory toys. These are the coordination of larger muscle groups used for walking, running, jumping etc. Stepping stones can be used to help balance, coordination and creativity as well as providing sensory feedback. The stepping stones can come in a range of colours and textures and as they are filled with air, they often make a gushing noise.



Sensory toys can be used to develop fine motor skills. This is the ability to coordinate small muscle groups responsible for tasks such as writing or tying shoelaces. They can also develop social skills such as turn-taking, sharing, communication and decision making.



Can you think of any other ways sensory toys help us?  
How have they helped you?



Squeezing or fiddling with some sensory toys can have a calming effect. They can help some people relax and feel less angry. They can relieve stress or can be a distraction.

Sensory toys can also be great fun to play with!

