



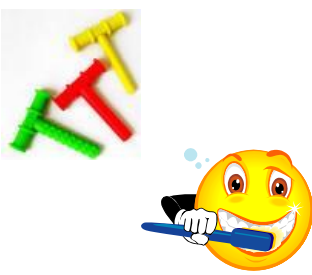
# ORAL SENSORY PROCESSING

Children who have difficulties in this area may be observed drooling and/or mouthing non food items such as their clothes in order to gain oral motor feedback. “Working out” the muscles in the mouth can help us to pay attention and help with self regulation (to calm or alert ourselves). The following activities aim to promote the muscle tone around the mouth and to further develop oral sensory processing.

## Activities



- Blowing soap bubbles i.e. in a basin of soapy water blowing through a straw.
- Blowing bubbles
- Suck up paper fish or animals (made of tissue paper/newspaper etc so that they are fairly light) with a straw and place in to a ‘pond’ or ‘pen’.
- Try objects of different weights and sizes to make the activities harder or easier
- Musical instrument e.g. penny whistle, recorder
- Blow painting – blow paint over using a straw or blow pens
- Put a bunch of feathers in a large bowl and blow to see what happens
- Blow objects through a straw i.e. cotton balls/ping-pong balls across a table top
- When out walking pick and blow dandelions and make a wish
- Hold up a lightweight tissue, feather, or balloon and blow underneath it to keep it aloft. Pass it back and forth to a friend just by blowing it.
- Everyone take a similar object and have a race. Who can blow his object across the table or the floor first?
- Build a miniature obstacle course with blocks, train tunnels, cardboard tubes and other obstacles to puff items over, around, under and through.
- Divide children into two teams. While one team referees the other blows as many objects as possible across the finish line. Teams then switch and count up objects to determine winner
- Use a party blower
- Blow football

| Foods  |   |
|--|---|
| <br><br> | <ul style="list-style-type: none"> <li>• Some foods fall under the “heavy work “ category, giving a heavy work out to the jaw and cheek muscles e.g. crunchy carrots , apples, pretzels, marshmallows</li> <li>• Try using a straw to suck up juice: the longer or narrower the straw, the more it takes to suck up the juice. The thicker the juice, e.g. milkshakes, smoothies, slushes, the more sucking it takes to retrieve the juice.</li> <li>• Chewing /bubble gum</li> <li>• Malteser Game – use a straw to move the Malteser’s by sucking or blowing</li> <li>• Suck on lolly or hard sweetie</li> <li>• Suck on frozen fruit or frozen fruit lollys</li> </ul> |
| Other  |   |
|    | <ul style="list-style-type: none"> <li>• Try brushing teeth with a battery operated toothbrush</li> <li>• Massage around cheeks and jaw prior to tooth brushing or eating</li> <li>• Try chewables e.g. chewy tubes, chewy buddy, pencil toppers</li> <li>• Websites to purchase chewables:</li> <li>• <a href="https://fledglings.org.uk/">https://fledglings.org.uk/</a></li> <li>• <a href="http://www.sensorytoywarehouse.com">www.sensorytoywarehouse.com</a></li> <li>• <a href="http://www.chewigem.co.uk">www.chewigem.co.uk</a></li> <li>• <a href="http://www.amazon.co.uk">www.amazon.co.uk</a></li> </ul>   |