Helpful guide to supporting Fizzy at home:

**Re: Fizzy – A Guide for Parents**

The activities below aim to enhance coordination, balance, core strength, and overall motor skills while fostering confidence and engagement in physical activities whilst also complementing the in-school provision your child has access to. Your child may require activities that are either sensory seeking or sensory avoiding. Below are a list of helpful hints and tips to support your child at home. All are achievable without specialist equipment.

**Activities for those children who are Sensory Seeking:**

- Jumping Jacks (star jumps) – Encourage your child to perform jumping jacks to release excess energy.

- Animal Walks – Crab walks, bear crawls, and frog jumps help with coordination and muscle strength.

- Obstacle Courses – Set up simple courses using cushions, chairs, and tunnels for movement and balance.

- Heavy Work Activities – Carrying groceries, pushing a weighted box, or wall push-ups provide deep pressure input.

- Dance and Movement Games – Put on music and have a dance-off or play freeze dance.

- Simon Says with Movements – Include jumping, spinning, stomping, and crawling for extra engagement.

- Tug-of-War – Use a towel or rope for a fun and strengthening activity.

- Pillow Fights – Engaging in controlled, playful pillow fights can provide sensory input.

**Activities for children who are Sensory Avoiding:**

- Gentle Yoga or Stretching – Helps with relaxation and body awareness.

- Deep Pressure Activities – Weighted blankets, gentle squeezing, or rolling a therapy ball over their body can be soothing.

- Slow Rocking or Swinging – Sitting on a rocking chair or gentle swinging can help regulate emotions.

- Breathing Exercises – Encourage slow, deep breaths to support self-regulation.

- Finger Painting or Playdough – Encourages calm and sensory exploration without overwhelming input.

- Blowing Bubbles – Helps with controlled breathing and focus.

- Listening to Calming Music – Soft background music can create a relaxing environment.

- Building with Blocks or Stacking Cups – Promotes focus and fine motor skills without excessive sensory input.

These activities will help reinforce the skills being developed in the Fizzy programme and provide a fun, engaging way to support your child’s sensory needs at home. Should you need any further support please speak to Mr Hickman.