

Heritage Preschool Parent Corner

X



X says "x" for x - ray

Letter of the Week

X makes the sound 'ks' and is at the beginning of very few words. Many words that sound like they start with 'x' really begin with 'e' such as exact, extra, exercise and explore. By this time of year, the children are ready for ending sounds, so I've used 'x' as the final sound in the alliteration and the riddles.

Riddles, Rhymes & Opposites

1. A Sharp instrument used to cut down trees.
2. An animal that looks like a wolf, but is smaller

Alliteration

An x-ray of Xavier's box showed a fox.

Fun with X

- Play tic-tac-toe
- Search for treasure (x marks the spot)
- Play with a toy xylophone
- Look for exit signs
- Use plastic needlepoint canvas and learn to cross stitch



"King Xerxes makes Esther a queen"
Esther 2:17

Poetry

X is for x-ray fish,
swimming along

X is for xylophone, to play a song
What else starts with X? Not a whole lot.
But in tic-tac-toe, X marks the spot
Hooray for X, big and small -
The most exceptional letter of all!

I am so excited! All children get excited and overstimulated and just the opposite, lethargic at times as well. Sensory stimulation can help invigorate or calm you and your child. Here are a few of the "99 Sensory Activities for Any Child."

Sensory activities fall into different categories. Perhaps the most useful one for self-regulation is **Proprioceptive Input**. That's a fancy word for "heavy work" that engages your joints. These activities make you feel grounded and can be calming for a high-running child or invigorating for a low-running kid.

1. Jump (on a mini-trampoline, from a chair to a sofa, on the bed, etc.)

8. Tummy time push ups (for babies)

21. Banging on pots and pans

Vestibular Input (swinging and spinning) is intense and long-lasting sensory input. It should be provided in doses and parents should watch and be sensitive to how their children react and help them learn to manage this type of input to keep them even.

33. Swinging

35. Run in circles

Tactile Input. Many kids are overly sensitive to tactile input. Tags, pant buttons, getting wet, or even the feeling of foods in the mouth can drive some kids batty. Doing these activities can help children get used to tactile stimulation gradually and can be fun for all kids.

44. Pour salt on a cookie sheet and paint with your fingers.

57. Put single items in paper bags and let kids try to guess what they are

In the bath: Some sensory defensive kids hate getting wet, but these activities make bathing more fun for all

kids:

49. Ladles, cups, strainers, squirters, funnels

50. Play with shaving cream

51. Soap crayons or bath paints

Breathing is especially important for kids with low muscle tone, but we can all use to exercise our lungs and benefit from the therapeutic effects of breathing deeply.

68. blow whistles

69. Make and blow pinwheels

70. blow feathers off your hand

Visual, Olfactory (Smell), and Auditory Stimulating Activities:

76. Play a listening game. Sit very quietly and try to guess the sounds you hear.

80. Shadow puppets

81. Build a fort or tent

Smells Explore how your child reacts to different smells. If you find some are soothing or alerting, get lotions, soaps, or candles to help regulate mood.

88. Using a blindfold have them guess different smells. (peanut butter, maple syrup, apples, etc)

92. Put on lotion

99. Create a sensory savvy spot (beanbag chair or pile of pillows with soft lighting, soothing items such as books and stuffed animals, music with headphones and a snack)

Most of these activities are taken from *Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues* by Lindsey Biel and Nancy Penske. This is the best book I have found on practical advice for parents on sensory issues and I think a really valuable book for ANY parent.

<http://mommypoppins.com/ny-kids/99-sensory-activities-for-any-child>