

Integrated Children's Centre Sensory Lending Resources Catalogue



Llywodraeth Cymru
Welsh Government

All the resources are free to
lend. Please browse through
the catalogue to see what
you would like to try out.

For further information, please contact us on 01685 727374,
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UV Case contents:

UV play has many benefits, it can help with visual tracking and perception as the objects glow brightly becoming very eye catching; it can help develop hand eye coordination and motor skills and it can help improve concentration and focus. It can also help calm an individual who is experiencing sensory overload and distract from negative behaviours. Our UV suitcase will work best in a dark room or in a dark den, if you have blackout curtains/blinds this case will work perfectly even in broad daylight. Alternatively, a thick blanket or duvet draped over chairs or even the curtain rail will create a dark area/room.

UV Light

UV torch

UV soft strings

UV wands

UV giant tactile ball

Assortment of UV light up tactile balls

Linelite

Rainbow pin art

Rain maker

Glitter wands

Our sensory suitcases are aimed at supporting early child development particularly the social and emotional aspects of learning and sensory skills.



Fidget Case contents:

Fidget toys are a great way to keep hands busy and increase concentration. A huge help for children with sensory issues. Fidget toys can help improve coordination, fine motor skills and visual processing. The repetitive and tactile nature of fidgets can help children de-stress and reduce self-stimulatory behaviours.

Fidget Spinner

Fidget Cube

Assortment of UV light up tactile balls

Liquid timers

Assorted time sand timers (Glass, please do not give directly to children. Ideally used to time activities to help increase engagement and focus)

Fidget ball game

Glitter Wands

Netted squish balls

Tactile Stress balls

Rainmaker

MOD pod light

Large threading shapes

Foam mirror

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Emotions Case:

Emotions can be hard to understand for children and young people or those who have additional needs. Help build important social-emotional skills using this case by showing children and young adults how to recognise and communicate their emotions. You could use the mirrors to recognise emotions on your own face, use the puppets to tell stories and use the tiles to play matching games. Read the books to/with children and young adults to help them understand what can cause different emotions and how to control them, the books can also help to understand that it's ok to feel the way you do and how important it is to communicate your feelings.

Emotion Floor Tiles
 Emotion hand puppets
 Range of mirrors
 MOD pod light
 Solar Projector light
 Have you filled your bucket today?
 I am Stronger than Anger
 Be Mindful of Monsters
 How to Accept No
 Ruby's Worry
 All about feelings
 Find out about feelings
 Conker the Chameleon
 Listening to my feelings
 The colour Monster
 CBT Toolbox for Children and Adolescents
 (Works well with Therapeutic Parenting Story Books and Golden Rules)

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Group Activity / Games case contents:

Engaging in activities as part of a group can help develop social skills, inclusion and turn taking and compromising skills. Working as part of a team can also help develop problem-solving abilities and the skills needed to make and maintain friendships. Groups activities also help promote being active and encourages regular movement which helps maintain a healthy lifestyle.

Large and Small parachutes

Soft balls for parachute and other games

Target Game

Tactile matching game

Assorted time sand timers

Juggling Balls

Rubber Hoops

Various shaped balls to be used in games and activities

(Works well with Giant Jenga, Step-a-forest, Ten Pin Bowling and 101 Games books – set of 4)

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Music in a Bag contents:

Music is of such great benefit for early education and those with sensory needs. It helps develop co-ordination, pattern recognition and language and reasoning; Music helps increase memory function and skills as well as emotional development. For those with sensory needs music can help with self-regulation and to decrease self-stimulating behaviours. Playing musical instruments as part of a group may help children and adults with sensory needs or additional learning needs engage with others and to feel included.

Set of 5 Triangles

Tambourine with drum skin

Tambourine without drum skin

Maracas

Castanets

Hand held castanets

Claves

Guiro and scrapper

2 tone blocks

Shaker egg

Xylophone

12 beaters included for the instruments

Our sensory cases are aimed at supporting early child development particularly the social and emotional aspects of learning and sensory skills.



Giant Jenga

Great for fine motor skills, turn taking and cooperative play. Giant Jenga can be used inside or outside for gentle exercise. It encourages children and adults who may be impulsive to think about their actions and choices. Giant Jenga promotes forward planning and strategic thinking. Taking time to play games with children really helps build their confidence and self-esteem. Giant Jenga can be used within a family or a group setting. Ideal for ages 3 and over.



10 Pin Bowling

Great for fine motor skills and turn taking. 10 pin bowling can be played inside or outside. This is a great game for families or groups. It helps with simple maths (when counting and adding the pins up), hand eye coordination and engages your proprioceptive system. The proprioceptive receptors tell your body how much pressure and force to use and helps with balance when holding a bowling ball in one hand.



Step – a – forest stepping stones

The balance logs and stepping stones help improve balance and co-ordination, they are great for improving gross motor skills, turn taking, listening skills and taking direction. They can be used in imagination play along with other items to help tell stories, for example Little Red Riding Hood, or they can be used to create new stories and journeys. They have non slip rubber in a wood effect ideal for little and not so little feet. The Step-a-forest can also be used in Developmental Movement Play Framework (child led, free-flow, spontaneous play Developmental Movement Play | JABADAO).



Puppet Pack contents:

Puppets are great for storytelling, creative play and can be used in conjunction with ELSA



Farmyard Animals:

Cow, Horse, Chicken,
Pig, Sheep, Duck

Woodland Animals:

Badger, Fox, Hedgehog, Owl,
Squirrel, Wolf



Jungle Animals:

Lion, Elephant, Giraffe,
Leopard, Tiger, Chimp

LED Disco Light

Rotating LED disco light with the ability to play music. Please follow the instructions included for full use of the disco/music abilities. Product comes with a small remote, please keep out of reach of children.

The LED light creates a visual and auditory sensory response that is suitable for all ages.



Aromatherapy Diffuser

LED colour changing diffuser with 8 essential oils. Frankincense, Sweet Orange, Lemongrass, Tea Tree, Peppermint, Rosemary, Eucalyptus and Lavender. Please follow instructions included for use of the light and the Essential oils dilution chart. Please keep out of reach of children. A diffuser helps create a calm and relaxed atmosphere while the gentle light stimulates a visual sensory response.



Bubble Tube:

Our bubble tube has the benefit of additional fish and/or coloured baubles for added sensory input. They increase the auditory stimulation with gentle tapping on the inside of the tube as well as increasing the visual stimulation.



Solar Projector



Soothing and calming light show projected onto the ceiling at home or in the classroom. This projector has several different settings to help you create the sensory experience of your dreams.

Therapeutic Books:



Callum Kindly and the very weird Child
William Wobbly and the Very Bad Day
Rosie Rudey and the Enormous Chocolate Mountain
William Wobbly and the Mysterious Holey Jumper
Charley Chatty and the Disappearing Pennies
Rosie Rudey and the Very Annoying Parent
Charley Chatty and the Wiggly Worry Worm
Sophie Spikey Has a Very Big Problem

Katie Careful and the Very Sad Smile

These therapeutic story books have been written to help parents/carers, social workers and other professionals heal traumatised children. Each story has lovely illustrations and engaging and meaningful content. To the back there are notes explaining the reasoning behind the story, providing strategies and supportive techniques that could be tried.

These stories can be very useful tools for helping understand emotional and behavioural issues.



101 Games collection:

101 Games for Social Skills

101 Activities to help children get on together

101 Games for Self-esteem

101 Games for better behaviour

These games and activities are very useful tools to help promote positive

behaviour, social skills and self-esteem.

Golden Rules with Finger Puppets:

You look after things

You are honest

You are gentle

You try hard

You listen well

You are kind and helpful



NDNA recommended reading books to help young children learn positive behaviour and social skills.

Sensory Seating and Cushions

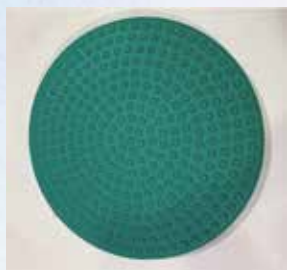
These seating options are what is known as Active Seating, which means some of your muscles will be actively engaged while sitting. In turn this increases core strength, improves posture and balance abilities. This type of seating helps with the proprioceptive sense. This is the body's awareness of its own position and amount of pressure we put on objects. Proprioception helps us with motor skills, coordination of movements and alertness levels, which can help increase attention, focus and ability to learn. Many children with a poor sense of body awareness are sensory seeking and find sitting and concentrating very difficult, they will often have an increased need to fidget. Active Seating options help reduce this need as their proprioceptive receptors will be engaged along with core muscles.

Wedge Cushions

We have a small and a large Wedge Cushion available for different ages (3 – 12 for the small and 12+ for the large). Ideal for those with poor body awareness (Proprioceptive sense) or muscle tone. Smooth on one side and tactile on the other these inflatable cushions can be used on a chair or the floor at home or school, even out and about as they are light weight and have a handy carry handle.



Wobble Cushion



This cushion is similar to sitting on a gym or therapy ball just smaller and more portable, ideal for use at home or school. This helps sensory seeking children focus by engaging core muscles and reducing the need to fidget in much the same way as the wedge cushions, just with a bit more wobble. They can be stood on to practice balance and further engage muscles to build core stability.

Wobble Stability Cushion

This is similar to the Wobble Cushion but just designed for sitting and has a greater wobble and can be inflated further than either of the other previous options. This cushion causes greater engagement of core muscles and the proprioceptive system which has a much greater self-regulating effect and as such can help calm children as well as allowing them to engage and focus longer. This cushion would be great to use for children who have ADHD or who are highly sensory seeking and find sitting still very difficult. Can be used on a chair or the floor.



Vibrating Cushion

This cushion has a gentle vibration activated when squeezed or sat on. Vibration has many benefits including increasing one's ability to self-regulate, and so has a calming and relaxing effect. It is also far reaching throughout the body and engages more muscles so is very beneficial for sensory seeking children who may find it hard to sit for long periods of time and concentrate on activities. Can be used on a chair or the floor.



Sit 'n' Gym ball

A gym ball with little legs to keep it from rolling away. This seating option is a great alternative to a chair. This can be used at home or in school to help children engage and concentrate longer.



Balance Seat



This is another alternative to a chair. This seat has a slight wobble and bounce when sat on offering movement while seated. This seating option would be beneficial for children with ASD or ADHD to help them engage and concentrate. This can be used at home or in school.

Peanut Balls – various sizes



A more stable seating option to a gym ball, these peanut balls still offer movement while sitting and engage core muscles, therefore engaging the proprioceptive system leading to increased concentration and ability to learn. They also help improve balance and coordination the longer they are used as a result of core muscles being worked regularly. The peanut balls are also large enough that more than one person can sit on them, for example a parent or professional involved in supporting a child (e.g., 1:1,

Educational Psychologist, Occupational Therapist etc.).

For the correct size ball, we will need to know the users inner arm length (from underarm to fingertip)

Maximum weight 110KG/250lbs

Movement and Balance Items

Balance items can be a great tool to help develop the Vestibular system (the body's ability to coordinate movement with balance and spatial awareness) as well as the Proprioceptive system. These items can also be used in Developmental Movement Play Framework (child led, free-flow, spontaneous play Developmental Movement Play I JABADAO), to help children of all ages and abilities develop their sensory processing (the feel and awareness of the body) and motor skills (the way it moves).

Balance Board

This item provides stimulation for those who may have an under sensitive Vestibular system where they seek sensory input by rocking or swinging. The movement of this balance board may fulfil that need. It can also help develop balance, coordination and gross motor skills and exercises core and leg muscles. It can be stood on or sat on and has a maximum load weight of 60Kgs.



Scooter Board and activity pack

These scooters and the accompanying Fun Deck offer a wide range of ideas to address a variety of therapeutic goals such as improving upper body strength, core stability, motor planning and functionality, vestibular and proprioceptive responses, etc.

Each card provides a clear, colourful and engaging illustration of the activity. The reverse gives therapist guidance on how to create, grade or vary activities for the user with explanations of the therapeutic benefits for each activity.

The scooters have a tongue and groove interlocking system so they can be joined together, and safety grip handles to keep fingers away from the wheels.



Balance Hedgehogs



These little hemispheres encourage co-ordination, movement and body awareness. They can help strengthen the leg muscles and core muscles and develop spatial awareness. Great for games and for sensory circuits. They have a bumpy surface for sensory input as well as grip and a valve to adjust air pressure, the less pressure the wobblier the cushion, and so the more the core and leg muscles are engaged.

Balance Sphere



Designed to help develop gross motor skills, coordination and muscle tone; this balance board has a non-slip bristly surface intended to help grip in order to carry out varied balance exercises. Could be used as part of neuro-physiological therapy. It is recommended socks and/or shoes are worn while using this item.

Move your body Fun Deck



Sometimes it can be hard to think of multiple fun and purposeful movement activities that would help with balance, coordination, motor skills and muscle strength. These Fun Deck cards are a great visual aid to help children move and play. Make games like how many movements can you do in a minute, how long can you do the same movement, can you find a floor a mid-level and an upright movement (e.g., slither like a snake, crawl slowly like a turtle and stand and stretch like a tree). There are other ideas included in the pack and this is a good non-verbal activity children can read the cards themselves or they can mirror movements acted out in front of them.

Weight and Balance cushions



Four pairs of cushions weighing 50g, 100g, 150, and 200g. Match the cushions by colour or weight. Useful for balance, comparative activities, colour recognition, encouraging conversation (e.g. adjectives), posture and almost infinite games. A wonderful alternative to plain bean bags.

Stacking and Threading and Sorting games

We have a range of stacking, sorting and threading games available to lend. These are great resources for developmental play. These games and activities will help develop fine motor skills, problem solving skills, numeracy skills (pattern recognition), creativity and imagination, hand eye coordination, cause and effect (i.e. what happens if I do this) and shape and colour recognition.

Snap and Click boxes

A box full of shapes and colours, just click them together to create a never ending range of shapes, patterns and pictures. Perfect for developing fine motor skills for slightly bigger hands and creative play.



Sorting Bears

A beautiful box of bears to sort into corresponding-coloured pots. There are also several games and activities included. Great for hand eye coordination, number, pattern and colour recognition and fine motor skills development.



Mathlink Cubes



Bright bold durable building blocks, let your imagination run wild building anything you can think of, or use them in basic numeracy. Link together pieces while improving independent play, hand eye coordination, spatial skills & dexterity. Great for sensory development, occupational therapy and those with additional learning needs or ASD.

Interlocking Disc Building Blocks



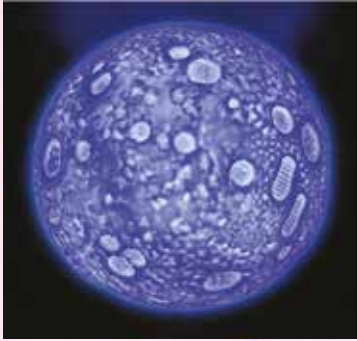
These unique building blocks can help develop children's fine motor development, cognitive development of colour, teamwork ability, cognitive ability, practical ability, imagination and creativity.

Jumbo Threading Beads



Enhance colour recognition, hand-eye coordination, math counting skill craft and cognitive level. Learn all shapes and colours. Train your child fine motor activities skills, great learning activities for occupational therapy.

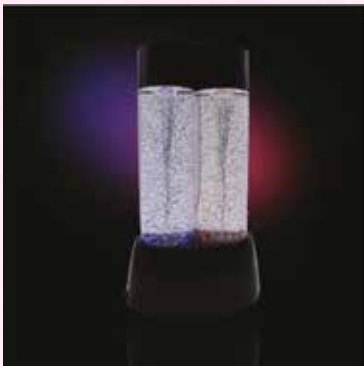
LED Moon Light



Mesmerising mood light, calming and relaxing.

Lighting can evoke the senses and calm the body – it's easy therefore to appreciate the function it plays in a sensory room, and aids those with autism or sensory processing issues.

Twin Tornado Lamp



Automatic Colour Changing Lamp.

This tornado lamp has a soothing effect and can help kids and adults with sensory issues.

The perfect sensory toys for kids with special needs, autism, and ADHD.

This light up sensory motion toy can also help treat anxiety, stress, and boredom.

Colour Changing Patterned Sphere



This is a striking ball of ever changing colour, electrifying interactive light show at your very finger tips, this **encourages visual stimulation and tracking skills**. Ideal for use in any room, especially in sensory rooms and dens.

Desktop Jellyfish Lamp



Calming and relaxing
Stimulates the senses
Great for kids with autism, special needs, or ADHD

Rainbow Projector



Rainbow Projector is fantastic for encouraging communication, developing key skills, and providing relaxing visual stimulation.

Infinity Mirror Tunnel Lamp



Contributes to the stimulation of the visual system.

Foster the creativity of the children.

Give the impression of depth, as if the person were looking out into space.

Make a small room look bigger.

ColorMix Sensory Tubes



This set of 3 Colormix Sensory Tubes **helps children focus their attention, practise quiet, calm engagement, and manage their emotions.** Each tube offers a relaxing experience as you shake the tube to mix the colours and then watch as the colours slowly separate back to their original colours.

Glow Pebbles on a stand



Children with specific schematic behaviours such as rotation and enclosure will enjoy these pebbles. An ICT resource that can be enjoyed by younger children. They will love stacking, rolling and touching the beautiful pebbles.

A great tactile resource for sensory rooms or calming areas.

Sensory Den



Provides a cosy hideaway to provide a calming and safe retreat free of distractions or a dark space to use for visual stimulation and exploration with your own lights and glow products.

Sensory Room and Sensory Lending Library

The Integrated Children's Centre in Pentrebach is home to a state of the art **Sensory Room** and **Sensory Lending Library**. It is full of wonderful and exciting equipment and play activities suitable for all ages and those with emerging and additional needs.

The room hosts a weekly Breastfeeding and baby massage group as well as private bookings for members of the public. Be it a group of new mums wishing to get together for a safe and stimulating environment for their little ones to develop their motor skills through play; or a multi-sensory experience for those with emerging and additional needs (Children and adults alike). Our **Sensory Room** and **Sensory Lending Library** is inclusive for all users and we have friendly staff on site to help and answer any questions you may have.

The facility is free of charge and is open to the public, childcare settings and groups.



Please call **01685 727374** for further information or make a booking.

Booking on-line available via Merthyr Tydfil County Borough Council Website/Sensory Room

Located: **Integrated Children's Centre, Duffryn Road, Pentrebach, Merthyr Tydfil, CF48 4BJ**