

## BEACH TIME FUN for the "Out of Sync" Child

The "out of sync" child may appear

- Over sensitive to sensation such as touch, movement, sight, or sound.
- Under responsive to touch, movement, sight, or sound.
- Fidgety.
- Have poor body awareness.
- Is very emotional, easily frustrated.
- Resistive to change, anything new such as food, scenes, clothes, or games.
- Immature gross motor skills (running, jumping) and fine motor skills (drawing, cutting).

### Activities to Help Sensory Processing A Day at the Beach

- Put shovels, buckets, water bottle, and towel into knapsack or wagon and have child carry sack or pull wagon.

- Adults swing child carefully in big beach sheet as if it were a hammock.

- Run to the water.

- Swim, splash, and jump in the water.

- Fill buckets with water and sand and carry with both hands.

- Use fingers to make shapes and letters in the sand.

- Bury each other in the sand and let the kids use their muscles to pull themselves out.

- Fly kites, have your children hold on with both hands.

- Play caterpillar in a cocoon and wrap child in a blanket or beach towel for comfort and relaxation.

- Take a long walk along the shore to make foot prints in the sand and look for shells.



(adapted from M. A. Kranowitz C, (2003) "The Out-of-Sync Child Has Fun". NY: Berkley Publ. Grp.)

For information on development, please visit our website at [www.therapycenterforchildren.com](http://www.therapycenterforchildren.com).