

# Activities for home for your kid's sense of temperature



## THERMAL

### Sensory Processing

How we feel and experience the world around us; there are three types of sensory processing

- Avoiding: this child will typically “avoid” certain temperatures and things that are overwhelming to them
- Seeking: this child can't get enough stimulation and “seeks” out temperatures that can excite them
- Under-responsive: this child doesn't seem to notice much around them

### Sensory Treatment

- Modulation: using preferred sensory input before, during, and after activities to make the child feel “just right”
- Remediation: gradually introducing non preferred stimulation over time
- Adaptation: adapt the activity to help the child be successful

### Temperature Avoider

Your child might be very sensitive and get upset when the temperature changes

- Allow your child to explore different temperatures in a safe space (bring a bowl of snow in from outside, play with warm sand at home)
- Create sensory bins with warm and cool water
- Have your child help you make a snack with different temperatures (hot chocolate with cool whip topping)
- Make homemade popsicles with their favorite juice or drink

### Temperature Seeker

Your child might constantly seek extreme temperatures that can be unsafe

- Ensure safety by using a thermometer
- Start with preferred temperatures and gradually work towards safer temperatures
- Draw using crayons that have been put in the freezer
- Make your own heating pads by filling a sock with rice or beans; use these during reading/quiet time
- Use warm and cold compresses during relaxation time (warm towel or cool gel pack)
- Read a social story or books about elements of temperature

