# 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

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### **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





#### **Under-responsive to Temperature**

- Your child doesn't seem to notice different temperatures
- Ensure safety by using a thermometer and teaching hot stove indicators
- Create art about hot and cold temperatures
- Draw thermometers and match them to items like ice, boiling water, juice, etc.
- Create sensory bins with warm and cool water and have their favorite toys go on a sensory exploration adventure



#### Considerations

- All activities should be done with adult supervision for safety
- Be patient with your child, they are struggling to understand the world around them
- These activities are not a substitute for medical care, please seek the advice of your child's medical team before implementing any of the strategies discussed here

#### **Therapist Notes**