

Sensory Concepts

Lycra Activities for Sensory Based Play

A large piece of Lycra fabric offers versatile options for sensory based play.

Such a tool can provide deep pressure and tactile input when it is wrapped around a child like a hug

It can provide vestibular (movement) input when used as a hammock or swing for smaller children.

It can provide proprioceptive input when used like a rope for tug of war

And can create an instant quiet place when draped over a small table to create a cubby house

Lycra (or spandex) is portable and light weight, making it a great tool to take with you on holidays or to a friend's home.

At least 2 metres is ideal and can be found at fabric stores.

WAYS TO PLAY

Swing:

- Suspend a child in the Lycra by a fixed point or a strong adult – swing, sway or spin
- Use two adults to fashion a Lycra style hammock to swing a child to and fro

Wrap:

- Open the Lycra on the floor and lie a child on top of it – roll them up in the Lycra, wrapping them tightly but avoiding the head.

They could be an Egyptian Mummy or a butterfly in a cocoon who breaks out to become a butterfly

The Lycra material then makes perfect butterfly wings as they fly around the room

Tunnels:

- Sew the Lycra into a tunnel – climb inside and wriggle along the length
- These are also commercially available

Cover:

- Place the Lycra over a child as they crouch on the ground – hold it down around the edges and encourage them to escape by wriggling out on their belly through an opening

Create:

- Create a quiet place to play or a cubby house to retreat to when overwhelmed – simply drape between chairs or over small tables

Other items:

- Body socks are commercially available pockets of Lycra – get inside them and push and stretch

