



Note: Please supervise these activities with your child at all times.

Name of Lesson/Programme:

Theraputty

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 5

Purpose:

Sensory activity

Materials Required:

1. This is a table top activity.
2. A tub of theraputty (different strengths, but use what you have at home).

How to:

You will need the child to sit at a table next to you or opposite you. You will need to sit close enough to the child to help them direct the activity if necessary.

1. Some children love theraputty and will lead the play themselves.
2. The child can pull, squeeze and push the theraputty in all directions.
3. You can also hide a small toy in the theraputty and the child can pull the putty apart to find the toy.
4. Please note that theraputty can attach itself to fabrics, hair, tables etc. So please again supervise this activity at all times.
5. Some children may struggle with theraputty so you can offer them another sensory activity to do.