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# Play Ideas 1

"I can cope with this.

I can explore more."

The aims of these play activities are to develop the ability to:

- tolerate a variety of sensory experiences and demands
- explore toys and objects by looking, feeling, holding, pushing, shaking, pulling and banging
- make choices of likes/dislikes
- indicate desire to stop or have more.

Some activities to use are:

- swings and balls
- sensory trays with sand, water and shaving cream
- textured toys.