



lifeleisure

**Side by Side:
Connecting
SEND families
through play
Sensory Booklet**

**When I visit Life Leisure
Houldsworth Village there are
lots of things to:**



SEE



HEAR

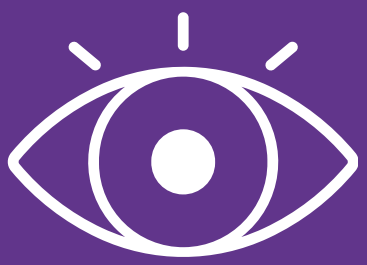


TOUCH



SMELL

Entering the car park I might



See people, cars, lorries/trucks, buses, motorbikes, bikes, workmen or people walking their dogs.



Hear cars, lorries, buses, construction, motorbikes driving around. I may also hear people and children talking, shouting or laughing. I may hear the weather like wind or rain.



Touch concrete, bricks, glass, wood, metal or water from the rain!



Smell fumes from the cars, motorbikes or lorries and sometimes a bakery!

Outside Life Leisure I might



See people, cars, lorries, buses, motorbikes, pedal bikes, workmen.



Hear cars, lorries, buses, construction, motorbikes driving around. I may also hear people and children talking, shouting or laughing. I may hear the weather like wind or rain.



Touch concrete, bricks, glass, wood, metal or water from the rain!



Smell fumes from the cars, motorbikes or lorries and sometimes a bakery!

Inside the entrance



See chairs, tables, vending machines, signs, lights, book shelves, reception desk and people/staff members. Staff may have different coloured tshirts depending on their role.



Hear people talking, music, fans, beeping from machines, a Hoover, turnstiles, doors, young people playing football.



Touch concrete, glass, wood, steel, plastic and maybe other people brushing past me.



Smell coffee from the machines, cleaning supplies, and food.

What to do at reception



1.

I can sit and practice good waiting here.

2.

I can ask for a sensory box.

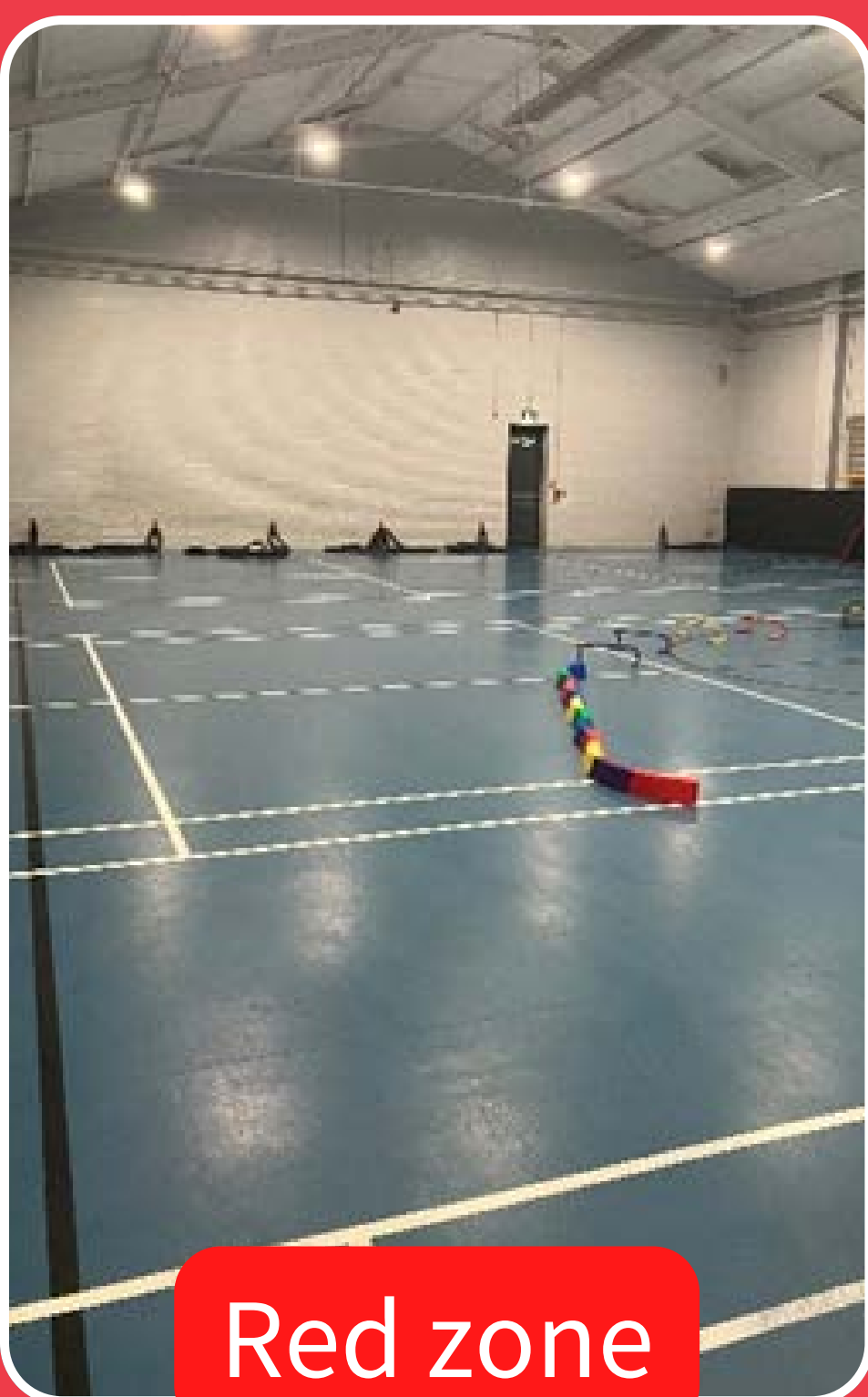
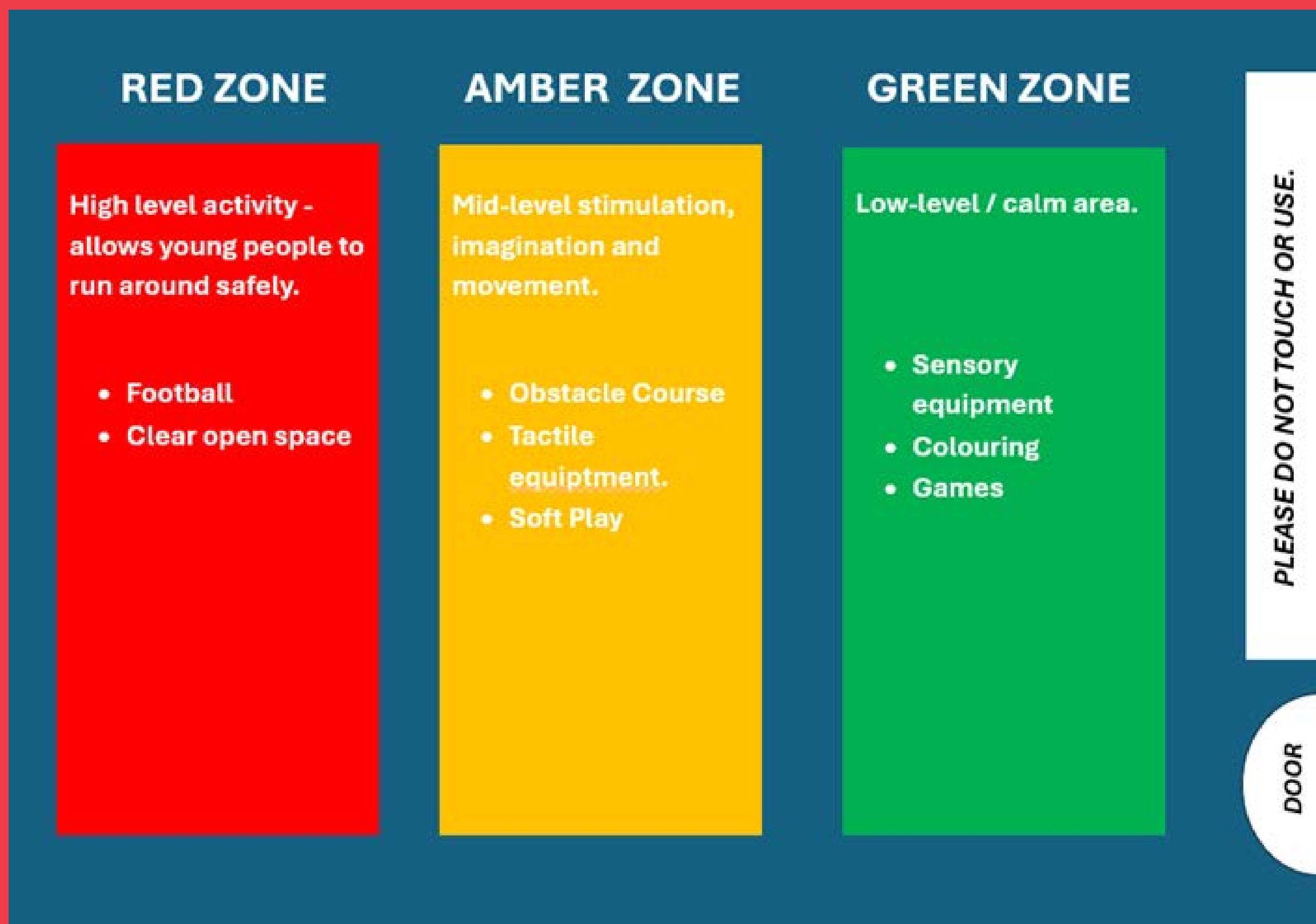
3.

I will be greeted by staff and taken to the sports hall with my parent/carer.

4.

I will go through the turnstiles or door to my activity and the gates may beep.

Inside the sports hall



Red zone



Amber zone



Green zone

What can I or shouldn't I do?

- I can parallel play with my parent/carer and other children safely.

- I am a safe leader and use safe hands and feet. (No hitting, kicking, hurting, spitting)

- I can use different pieces of equipment, but I may have to wait in line and I may have to share.

- I share and take turns.

- I can ask for help if needed.

- If the alarm sounds, I may have to leave the building safely.

What can I or shouldn't I do?

- I stay with my parent/carer at all times and not leave the room alone.

- I can use the toilet.

- I listen to my grown ups to keep me safe.

- I stay in the play hall.

- I don't run off from the hall – I can ask for help.

- I can read the session policy for more information.

Accessibility



We have an accesible toilet in reception and one next to the female toilets down the corridior (please ask if you need support finding these).

Accessibility



We also have a male toilet next to the sports hall.

Equipment

EQUIPMENT	GOOD FOR	DO's	DON'T's
	Deep Pressure / sensory input.	Lie on them/bounce on them, roll over them	Throw them
	Protection, soft surface for play.	Lie on them, build obstacle courses, roll on them etc.	
	Balance, Coordination, agility, focus	Walk across them, jump over them, use in obstacle courses.	Throw them. Hit people with them.
	Balance, Agility, Coordination	Build obstacle courses, balance on them, walk on them, jump over them	Throw them.
	Coordination	Jump over them, run in between each step, use in obstacle courses.	Roll up in them, run with them.

Equipment



Imaginative play,
climbing, core
strength,
creativity, agility.

Create obstacle
courses, climb
on or under,
stack them

Throw them



Balance, agility,
coordination,
jumping, joints,
muscles.

Jump over
them, create
obstacle
courses, use as a
target to throw
balls (safely)

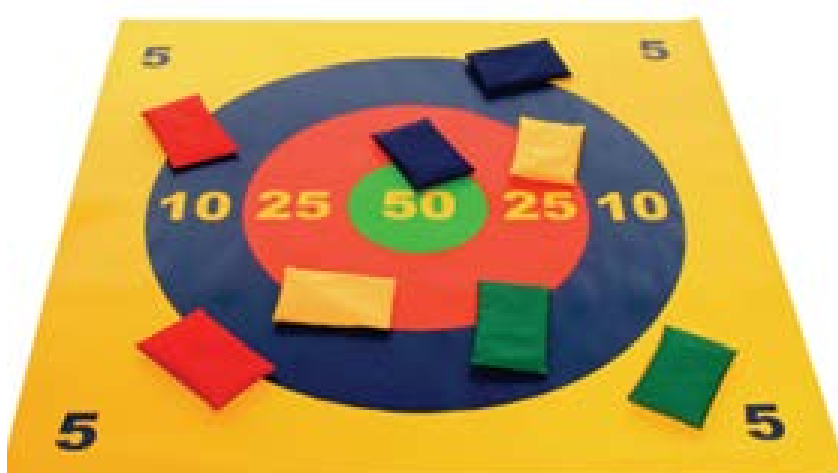
Throw them, lift
above head.



Hand-eye
coordination,
throwing/catching

Play catch,
throw at targets.

Throw them at
people.



Hand-eye
coordination,
throwing, target
aiming.

Use at the end
of an obstacle
course, throw
towards target,
make a game
out of it.

Throw them at
people.



Use in obstacle
course,
imagination, core
strength,
grounding,
exploration.

Crawl through
them, use in an
obstacle course.

Walk across the
top if someone
else is using
this.

What to expect during the session:

The session is to provide a safe space for parents to play with their children, make friends and play with others too. We will provide a consistent range of accessible and adaptable tasks and activities every session for participants to use imaginatively and engage in their own time.

These will include optional tactical equipment revolving around balance, coordination, agility and sensory exploration. The sports hall will be a safe space for participants to explore and play alongside parent/carers and other young people.

Summary of your steps:

1.

Enter the building and either follow signage or a member of staff to the sports hall to be signed in.

2.

Familiarise yourself with the toilets.

3.

Enjoy your session and ask staff for any assistance required.

HAVE FUN!