# Little SPARK: Simple Play Adaptations to Reference for Kids

## Sensory Twists

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| **Description:** | **Image:** |
| A sensory seat cushion designed especially for sensory seekers! Spiky on one side and bumpy on the other, so kids can choose which type of tactile input they prefer.  [Purchasing Information](https://funandfunction.com/spiky-tactile-cushion.html) | Spiky Tactile Cushion - round spiky cushion. |

**Who Might Benefit?**

Those who need sensory input, mild movement, or balance challenges to stay focused and maintain a functional seated posture during activities.

**Why Use?**

Supports a “ready to work” posture, allows movement while seated, encourages self-regulation, improves balance, posture, body awareness, and enhances sensory processing skills.

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| Instructions for Use: | Adaptation Ideas: |
| **Environmental Considerations**   * Use in all settings, on the go, and in group and one-on-one activities.   **Positioning/Alternate Positioning**   * Use in any position; seated, standing, on the floor, under the feet, as a backrest etc.   **Basic Play/Use 🡪 Extended Play/Use**   * Use in a chair or on the floor for seated activities. 🡪 Sit and reach games for balance play.   **Play/Use with Others**   * Take turns tossing a ball or bean bag from the cushion or other turn taking games. | **Stabilize It**   * Dycem or shelf liner to stabilize the cushion on any surface.   **Contain It**   * Use on a chair with arms to provide more trunk support and less sliding.   **Add Sensory Cues**   * Use either side of the cushion, smooth spikes or small bumps.   **Communication Supports**   * Visual supports like communication cards and social narratives can help a child communicate their feelings.   **Alternative Uses**   * Include in an obstacle course and other gross motor and balance activities.   **DIY Alternatives**   * Minimally/moderately inflated beach balls for needed amount of movement. Not the ideal alternative for assisting with “ready to work” posture and not as durable. |

### Words to Encourage Play/Use

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| **Sit**  A child sitting cross legged. | **Here**A black arrow pointing to an X. | **Ready**A child with blue shirt and shorts with lines emphasizing the child and a thumbs up from someone else. |
| **Move**A stick figure moving with arms raised. | **Stand**A child standing. | **ChairA red chair with black legs.** |
| **TouchA child with their hand on the shoulder of another child.** | **On**  **A black circle sitting on top of a black line.** | **OffA black arrow pointing to a circle that is away from the black line.** |

\*”Adaptations” adapted from: Haugen’s Modes for Adapting Toys based on materials from the "Let's Play" Project at the University of Buffalo

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