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Activity: **Bath time sensory routines and considerations**

Brief description of activity: Bath time routine considerations, suggestions to make the task meaningful and multi-sensory

Materials: bathtub, sponges, loofas, rags, scents and/or bubbles if tolerated, glowsticks if you have on hand, Laundry basket.

Instructions: The multi-sensory routine of bathing can be a lot to process and tolerate for children with visual impairments. Using routines is a way to help them understand what to expect and what comes next. Having a beginning, middle and end is important- whether the beginning of the bath time routine is marked by turning on and listening to the water running, starting the steps of taking of clothes or gathering supplies, try to keep it consistent. Consider placing your child in a laundry basket placed in the tub(with supervision) so they can reach out and feel their spatial boundaries without being overwhelmed by the expanse of a large tub.

Consider using various textures (loofas, sponges, rags), verbally describing each tactile sensation as you wash and label various body parts. Remember that scents, if tolerated, can make bath time a more sensory rich activity, as can bath paints, bubbles or even dimming the lights and dropping glow sticks into the water! “Toys” such as cups, blocks or bottles can make bath time more interactive as well. Have the supplies for drying off and dressing (if applicable) on hand so there isn’t cold, wet lag time after leaving the tub, making sure to verbally cue your child before and when bath time is ending. Remember, the more predictable the routine, the more your child will be able to anticipate and tolerate what comes next in their self-care routine!

Target areas (how this learning is meaningful to students):

**Sensory processing: temperature, tactile (touch) input, olfactory (scent), auditory input**

**Body Awareness: Understanding body parts, movements and sensations**

**Self care and anticipating routines: Teaching children routines help them know what to predict.**