

Cosy Season Sensory & Movement Guide

■ Sensory Activity: Blanket Burrito & Cosy Den

- Lay a blanket on the floor and have your child lie down.
- Gently roll them into a 'burrito' (arms in or out, depending on preference).
- Apply gentle pressure and let them wiggle free when ready.
- Transition into a cosy den with cushions, fairy lights, and soft textures.
- Offer calming prompts: read a story, explore a texture basket, or relax quietly.

■ Movement Activity: Blanket Pull & Giggle Ride

- Spread a sturdy blanket on the floor.
- Have your child sit cross-legged or lie down in the centre.
- Gently pull them across the floor, letting them call out 'stop', 'go', 'fast', or 'slow'.
- Try variations: obstacle course, blanket 'train' with toys, or red light/green light game.
- Swap roles—kids love pulling stuffed animals or dolls along too!

■ Family Tradition Ideas

- Mark the start of cosy season with a den-building night and hot chocolate.
- Create a weekly Family Story Den ritual—parents included!
- Add seasonal touches to your den: fairy lights in winter, bright scarves in spring.
- Take a photo of your den each year to see how your traditions grow.

■ *Use this guide to balance movement and calm—bringing warmth, joy, and rhythm to the changing season.*