Sensory activities

Tactile (touch)

- Use silly putty (P, G)
- Play in sandbox or with water (P)
- Use squishy or textured fidget, like a stress ball (P, G)
- Finger paint (P)
- Draw with shaving cream (P, G)
- Squish play-dough (P, G)
- Squish sensory sand, foam, or slime (P, G)
- Knead bread or pizza dough (G)
- Massage lotion on hands and arms (G)
- Write with a vibrating pen (P, G)

(P) - Preschooler
(G) - Grade-schooler
Sensory activities
Movement (vestibular)

- Run, jump, march, dance, or walk (P, G)
- Climb stairs (P, G)
- Ride trike, bike, scooter, or 3-wheeled scooter (P, G)
- Play catch (G)
- Play on a merry-go-round or use a spinning toy (P, G)
- Swing on a swing (P, G)

- Hop up and down like a frog or on one foot (P, G)
- Do push-ups (G)
- Somersault or roll (P, G)
- Climb and slide on playground equipment (P, G)
- Bounce on a therapy ball with feet on the ground (G)
- Do standing jumping jacks or lying-down “snow angels” (P, G)
Sensory activities

Oral motor

- Eat crunchy food, like carrot sticks, apples, or pretzels (P, G)
- Blow a whistle or kazoo (P, G)
- Blow bubbles (P)
- Brush teeth with a vibrating toothbrush (P, G)
- Blow bubbles in water with a straw (P, G)
- Eat sour or spicy snacks, like hard candy (G) or lemonade (P, G)
- Use a straw to drink thick liquid, like a milkshake (P, G)
- Apply scented lip balm (G)
- Use “chewelry” (P, G)
- Chew on gummy snacks or gum (G)
Sensory activities

Heavy work

(P) - Preschooler
(G) - Grade-schooler

- Carry a full laundry basket (P, G)
- Take out the trash (G)
- Push the shopping cart in a store (P, G)
- Push a vacuum cleaner (P, G)
- Work with a therapy ball (G)
- Carry groceries (P, G)

- Move furniture or rearrange books and toys on shelves (G)
- Shovel snow or rake leaves (G)
- Knead or roll bread, or stir cookie dough (G)
- Mop or sweep (P, G)
- Do yoga poses (P, G)
Sensory activities
Visual, auditory, and olfactory (smell)

Play a musical instrument (P, G)
- Bang on pots and pans (P)
- Wear sunglasses or hat to cut glare (P, G)
- Wear noise-canceling headphones (P, G)
- Listen to favorite music (P, G)
- Look at picture books (P)

Move away from visual clutter (P, G)
- Use calming sensory bottles (P, G)
- Turn on white noise machine (P, G)
- Sniff scented candles or lip balm (P, G)
- Lower or brighten lights (P, G)