



100 Sensory Activities for Home or School

- Bear Walks
- Crab Walks
- Worm Crawls
- Frog Jumps
- Kangaroo Jumps
- Wall Push-ups
- Desk Push-ups
- Hand Squeezes
- Planks
- Box Races
- Spins
- Jumping Jacks
- Summersaults
- Arm Spins
- Freeze Dance
- Upside Down Toss
- Bouncing
- Hopscotch
- Swinging
- Cartwheels
- Animal Sounds
- Calming Music
- Maraca Shakes
- Quiet Time
- Guess that Song
- Clap Out Patterns
- Near or Far Sounds
- Soft or Loud
- High or Low
- Rhyming Words
- Sorting Shapes
- Light Bright
- Light Bricks
- Shadow Puppets
- Puzzles
- Hidden Pictures
- I-Spy Bottles
- Memory Games
- Mazes
- Look and Finds
- Blow Bubbles
- Bubble Gum Contest
- Straw races
- Blow Painting
- Blow Cotton Balls
- Feather Blowing
- Whistling
- Milkshakes
- Crunchy Snacks
- Play the Recorder
- Sensory Ball Games
- Texture Guessing
- Sandpaper letters
- Hand Fidgets
- Slimes
- Rice Sensory Bins
- Flour Play
- Shaving Cream
- Playdough
- Sensory Doughs
- Q-tip Painting
- Cotton Ball Games
- Tweezer Play
- String Beads
- Hole Punch
- Tracing
- Dropper Art
- Toothpicks in Clay
- Clothespin Games
- Write in Sand Trays
- Sit-ups
- Squats
- Crunches
- Superman
- Standing One Leg
- Bicycle Kicks
- Tummy Time
- Crawling
- Obstacle Course
- Push ups
- Simon Says
- Hokey Pokey
- Ball Toss
- Body Measure
- Hide & Seek
- Relay Races
- Body Shapes
- Bean Bags
- Squoosh Box
- Head, Shoulders, Knees & Toes
- Deep Breathes
- Square Breathes
- Monster Faces
- Squeeze Balls
- Count Backwards
- Calm Down Jar
- Pinwheels
- Blow Balloons
- Scent Guess
- Flower Guess