

SENSORY INTEGRATION ACTIVITIES

Sense of touch - tactile perception: ability to distinguish various objects through touch and pressure. (Some children will crave these activities; some children will show no reaction; some children may display adverse reactions to these activities).

1. sand box
2. foot & finger paints
3. clay
4. mud pies
5. flour and water (play dough)
6. feely-meely box - box with hand sized opening used to explore familiar objects without vision
7. drawing with hands in sand, oatmeal, stones, etc.
8. rolling down a grassy hill or ramp
9. pretending to swim on a mat or rug, using a towel to dry off
10. playing inch worm
11. rolling across a room inside a barrel or box
12. having the child rub different parts of his body with various textures such as corduroy, terry cloth, fur, velvet, etc.

Sense of gravity - vestibular perception: input to the middle ear and its balance mechanisms. (Some children will become dizzy and nauseous quickly; some will show delayed reactions, complaining several hours later; some will show no reaction).

1. rolling
2. swinging
3. seesaw
4. merry-go-round
5. rocking chair
6. twister game
7. snake - wiggling a rope on the floor and jumping over it
8. row, row, row, your boat - singing and rocking in a circle --- back, forward, sideways.

Senses provided from muscles and joints - proprioception: direct input to joints, muscles and tendons of the body, for basic body awareness. (Some children will crave these activities; some will show no reaction)-

1. pushing, pulling, carrying heavy objects
2. jumping on trampoline
3. hopping on flat surfaces - hopscotch
4. tumbling activities: forward rolling, backwards roll, log roll, etc.
5. crawling on stomach; on arms and elbows; on hands and knees
6. wheelbarrow walks
7. clapping games
8. catching medicine ball
9. "magic room" - isometric activities - ask children if there is some way they can make the room larger (pushing walls with body parts)
10. moving furniture, books, re-arranging tables

Motor planning requires integrated input from the senses in order to organize and execute movement. The following activities are suggested to aid the child in spontaneous motor planning movement:

1. animal walks: elephant, crab, duck, rabbit, frog, kangaroo
2. jump rope
3. hopping
4. crawling under objects, through objects, over objects, etc.
5. statue game - quick change of positions
6. Simon Says
7. obstacle course
8. scooter board games
9. kicking balloons or balls, soccer