



Summer Sensory Activities

Calming activities	Alerting activities	Household chores providing sensory input
<ul style="list-style-type: none"> • Rhythmic, controlled bouncing on a ball or seated on therapy ball • Steady, controlled, slow forward/back movement on swing or rocking chair • White noise, nature sounds, calm music • Pushing or pulling heavy furniture • Carry backpack, carry something with weight, or push a cart with some weight to it (not more than 10% of body weight) • Wall pushes as if to move wall • Seated Push Ups: hold self above chair seat • Weight-bearing through arms via wheelbarrow walk, crabwalk, etc. • Isometrics exercises: push hands together, hook hands and pull apart • Ride a stationary bike with resistance or ride a bike outside • Heavy ball toss • Kick a yoga ball • Squeeze a pillow • Weight bearing Yoga poses • Inflated seat cushions • Run fingers/hands along Sequin pillow • Playdoh using cookie cutters • Noise-reducing headphones 	<ul style="list-style-type: none"> • Swinging quickly on playground swing • Running races, rapid rocking/bouncing side to side • Rapid jumping on trampoline, rapid jumping jacks • Weight bearing through arms via wheelbarrow walk, crab walk, bear walk, etc. • Pushing or pulling heavy furniture • Climbing playground equipment: crossing monkey bars • Tart, cold, spicy, minty edible items: ice pops, ice cubes, crushed ice, lollipops, pickles, spicy foods • Crunchy foods: pretzels, fresh fruit or vegetables, cereal • Drinking through an extra-long straw, or thin coffee straw, or bite suck water bottle • Blowing bubbles, whistle, wind instrument, pinwheel • Citrus/mint scents • Walking barefoot • Inflated seat cushions • Roller racer bicycle • Wobble chair feet • Heavy ball toss or weighted animal toss/lifts • Kick a yoga ball • Hit a punching bag 	<ul style="list-style-type: none"> • Carry in grocery bags from the car or from another area to the kitchen • Put groceries on pantry shelves or appropriate area • Vacuum/Sweep • Mop • Transfer clothes from washer into the drier • Wipe down the table with a spray bottle and towels • Wash windows • Clean/dust with rag or duster • Wipe baseboards • Move furniture • Clean scuffs off the walls with Mr. Clean eraser • Frog jump or animal crawl to pick up laundry around the house and place into a laundry basket • Push, pull, or carry a full laundry basket down the hall/to the laundry room • Help stir when baking/cooking • Make pizza dough and kneads it to make it flat or into whatever shape they desire • Squeeze lemons with lemon squeezer • Rake grass • Take out the trash • Wash the car