



Sensory Activities

Calming activities

- 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

Alerting activities

- 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

Household chores providing sensory input

- 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