

Sensory activities

Tactile (touch)

(P) - Preschooler

(G) - Grade-schooler



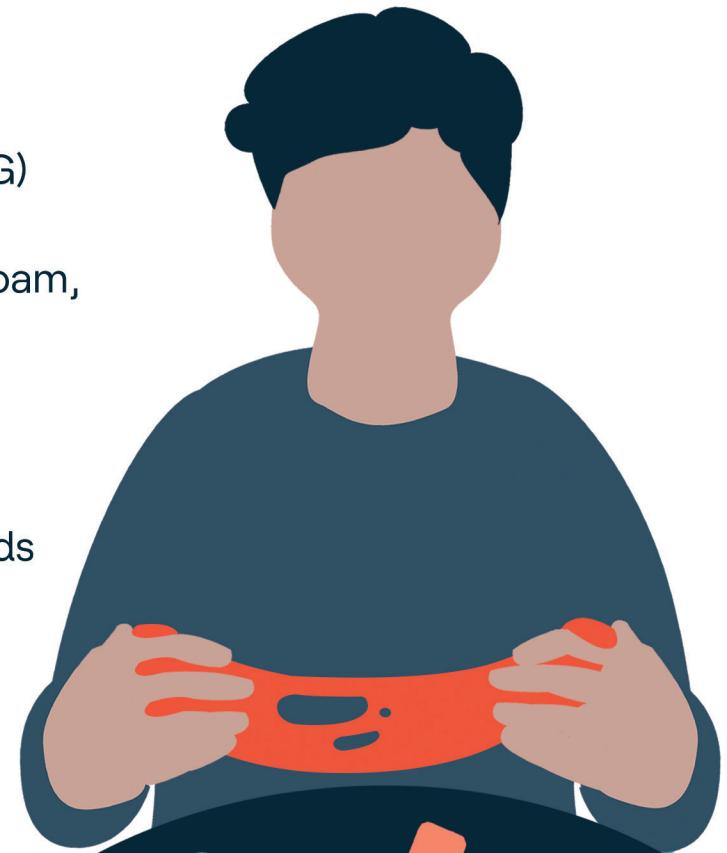
Use silly putty (P, G)

- ◆ 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)



Sensory activities

Movement (vestibular)

(P) - Preschooler

(G) - Grade-schooler

- ▶ **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

(P) - Preschooler

(G) - Grade-schooler

- ▶ **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)

(P) - Preschooler

(G) - Grade-schooler

- ▶ **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)

