

Here some ideas about sensory activities that may help calm the body, increase body awareness in space and decrease sensory seeking behaviors.

Heavy Work: Pushing, Carrying, Lifting

- Pull a wagon filled with heavy items: use laundry from the hamper or get things from the car, load some cans of groceries...make a pretend store, put things in cart and then unload into bag.
- roll large (exercise) ball down the hall
- Get a small cart/ stroller and push a baby/doll/stuff animals
- Use the hose outside to water plants
- push an ottoman around
- Use a watering can and water plants (outside...no worries of spillage!)
- Use sofa pillows and cushions to build a fort and obstacle course to go through/around
- washing windows: use a squirt bottle on a any window; squirt water then wipe away
- squeezing toys and stuffed animals

Calming:

- White noise or ocean sound music
- crawling into sleeping bag with stuffed animals
- quiet songs/lullabies some kids prefer men voices...others females.
- Wrapping/swaddling in blanket
- deep pressure squeezes and hugs
- joint compression

Other Sensory Activities

- Bin of Sand and sand toys
- finger painting with pudding on the tabletop
- bubbles
- jumping (with help) on mini trampoline
- watch videos of kid yoga
- wash a big toy in the tub: soap and bubbles
- being pulled on a scooter board
- doing little obstacle courses (walk around chair, through tunnel, under slide, hug mom! Use Dad as demo and helper!)