

## Sensory activities at home:

- Place heavy items into backpack, and go on a walk
- Get "squeezes" or deep pressure from family member
- Carry a pile of books or a heavy box down the hallway/around the house
- Stack chairs
- Wash windows or tables
- Use a Swiffer or broom to clean the floor
- Complete 10 wall pushups
- Crab walk
- Jump on a trampoline
- Sharpen pencils with a manual sharpener
- Use a swing in the backyard or at the playground
- Roll playdough with a rolling pin to make "cookies"
- 10 pushups
- Complete an obstacle course
- Rip cardboard/scrap paper
- Load/unload washing machine or dishwasher
- Play catch with a weighted ball
- Play tug of war
- Push family member or friend on a swing
- Pull a heavy wagon or crate down the hallway or around the backyard
- Army crawl across the room
- Organize/sort/stack books, cans of food, boxes, etc.
- Staple paper together
- Use a hole punch to make confetti
- Blow bubbles
- Stretch putty
- Bounce on a therapy ball
- Have a dance party
- Chew on bubble gum
- Play in a rice bin or sandbox

- Play with shaving cream
- Build a tower with blocks or Legos
- Play in a water bin
- Blow on a pinwheel, making it spin
- Listen to calming music
- Blow up balloons
- Make a picture using finger paint
- Eat crunchy food
- Race cotton balls or pom-poms, moving them by blowing into straws
- Shake maracas
- Help to load and unload groceries
- Push cart at the grocery store
- Wad up paper into balls, then play "basketball" with paper and a garbage bin
- Use a weighted blanket or toy to relax
- Sit on a beanbag to take a break
- Climb on the playground
- 20 hand squeezes
- Wheelbarrow walks
- Yoga poses
- Spin in a circle
- Play hopscotch
- Clap/whistle/hum
- Sensory bottles
- Scavenger hunt inside or in the backyard
- Draw with chalk on the sidewalk or fence