

Sensory Diet Activities for Children

Touch/Deep Pressure

Swaddle
Bear hugs
Backscratch
Massage with/without lotion
Joint compressions
Therapy brushing
Warm bath
Scrub with washcloth/scrubby
Water play
Wear certain fabrics
Explore various textures
Sit in the sunshine/shade
Jump on "crash pad"
Log rolling
Use hand fidgets
Play with stuffed toys
Make mudpies
Use fingerpaint or other paints
Use glitter glue

Arts & crafts
Use foamy soap/shaving cream
Play with whipped cream
Pet a dog, cat, or other animal
Mix cookie dough, cake batter
Weighted blanket, vest, lap pad
Roll up in a "burrito" blanket
"Sandwich" between pillows
Climb under sofa cushions
Play in sandbox
Use Play-doh, Gak, Floam,
Sculpey, Silly Putty, clay
Sensory bin with dry rice &
beans or other materials
Help with gardening
Vibrating toys - pens, balls,
stuffed toys
Use vibrating toothbrush
Vibramat/Tender Vibes mattress

Others:

Note: Never force a child to touch something he finds "gross." Let him use a paintbrush, stick, gloves, or even a toy for cautious exploration. The mouth is also lined with skin - see "oral comforts."

Movement/Proprioception

Rocking (in your arms, hobby horse, or rocking chair)
Playing horsie on your knee
Crawling on hands and knees
Commando crawling with full body
Walk
Run
Jump
March
Dance
Bunny hop
Wheelbarrow walk
Animal walks
Jumping jacks
Floor push ups
Wall push ups
Sit ups
Use swings
Playground slides
Use monkey bars
Climb stairs

Climb ladders
Jump on mini-trampoline
Use Sit n' Spin, Dizzy Disc Jr.,
or other spinning toy
Hop-It balls
Inflatable seat cushions
Bounce on a therapy ball
Ride a tricycle/bicycle
Ride a scooter/skateboard
Amusement park rides
Swimming
Push a grocery cart or stroller
Brain Gym and yoga exercises
Roll down a hill
Hokey Pokey
Play catch
Balloon tennis
Play hopscotch
Cartwheels and somersaults
Ice skating/sledding/skiing
Pogo Stick/Bungee Jumper

Others:

Notes: Generally, rhythmic movement is calming while erratic movement is arousing. Never force movement. Look out for physiological responses such as increased distractibility, disorientation, nausea, breathing changes, unexpected tiredness, suddenly pale or flushed skin.