

More Sensory Diet Activities for Children

Listening/Auditory

Listen to favorite music
Discover calming vs. arousing music
Bang on pots and pans
Play musical instruments
Listen to sounds of nature outdoors
Singing
Humming
Whispering
Blow whistles
Therapeutic Listening programs
Sound Eaze/School Eaze CDs
White noise machine or CD

Observe silence
Identify and label sounds
Use earplugs or sound-canceling headphones
Explore the stereo volume control knob
"Safe space" with quiet and low light

Others:

Looking/Vision

Look at mobiles, lava lamps, bubble lamps
Colored lightbulbs
Avoid fluorescent bulbs (visual flicker, noise, and mercury content in compact fluorescents)
"Safe space" with minimal visuals
Respect color preference in clothing, objects, and interior decorating
Reconsider complicated prints and patterns on clothing, walls, and floors
Toys in opaque containers
Leave out 5-10 toys at a time to avoid visual overload
Look at photos
Look at picture books
Look at nature - fish tanks, farm, zoo, ocean

Watch cartoons and movies
High-quality sunglasses outdoors
Tinted lenses indoors if sensitive to glare
Wide brim hat or visor outdoors
Games and activities that develop visual skills- mazes, dot-to-dots, I Spy, drawing, flashlight tag, etc.

Others:

Smell/Taste/Oral Comforts

Essential oils and scented candles
Explore personal preference and discover invigorating (typically lemon and peppermint) vs. calming (typically vanilla, rose, and sweet orange)
Smell flowers
Sniff spices and herbs
Blindfold smelling game
Explore tastes: sweet, salty, sour, spicy, bitter
Eat frozen/cool/warm foods
Explore textures: crunchy, creamy, chewy, lumpy
Chew gum/suck on lollipop
Blow bubbles
Suck thick liquid through straw
Use age appropriate "chewy"

Others:

Note: Avoid lavender and tea tree oil as studies show they may cause hormonal imbalances in young boys.