



Sensory Activities that could be done at home.

Please find below a list of useful Occupational Therapy activities that we use in school to support sensory regulation.

These activities could be done at home in order to support any child.

Sensory Organising Activities

- Crab walking.
- Press ups.
- Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.
- Wheel barrow walk.
- Play catch with a heavy ball.
- Unpack heavy groceries.
- Wear a heavy backpack for short periods of time.
- Riding a bike.
- Playground equipment.
- Swimming.

Sensory Regulating Activities.

- Jump on a trampoline.
- Running and jumping games.
- Play in sand pit and with wet sand.
- Bounce on a space hopper.
- Skipping.
- Jumping onto a crash mat.
- Bouncing on an exercise ball.
- Go for a run.
- Star jumps etc.
- Step ups: use bottom step on stairs.

Sensory Processing and Exercise Ideas.

- Jump on a trampoline.
- Climbing activities.
- Ride a scooter or bike.
- Running/Jumping games.
- Wear a heavy backpack.
- Carry shopping bags etc.
- Create a 'Go noodle' account which is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
- Dance along to a 'Just dance' video on YouTube.
- Kids yoga on YouTube Cosmic kids yoga www.cosmickidsyoga.com
- Play dough.

Sensory Calming Activities.

- Provide a small box/tent with blankets or cushion for the child to squeeze into in a calm quiet place.
- Roll child tightly in a towel or blanket.
- Bear hugs.
- Firm towel rub after a bath.
- Sit with a pillow/weighted cushion on their lap.
- Fidget toys, have a selection in a box/basket.
- Chewy tubes, chewing gum, gummy bears.
- Blowing bubbles.
- Swinging or rocking in a rhythmic pattern to calm.
- Roll on exercise ball backwards and forwards in a rhythmic pattern to calm.
- Pilates plank.
- Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.