

SENSORY ACTIVITIES

VESTIBULAR INPUT

- HOP SCOTCH
- SWINGING
- MONKEY BARS
- DANCE
- ROCKING CHAIR
- STABILITY BALL
- JUMP

PROPRIOCEPTIVE INPUT

- JUMP ON TRAMPOLINE
- PRACTICE YOGA
- BEAR HUGS
- SOMERSAULTS
- WEIGHTED BLANKET

TACTILE INPUT

- FINGER PAINT
- MAKE DOUGH
- PLAY WITH PLAYDOUGH
- PLAY WITH SLIME OR SILLY PUTTY
- TICKLE OR BE TICKLED
- SQUEEZE STRESS BALL



ORAL INPUT

- CHEW ON GUMMY SNACKS
- BLOW BUBBLES
- USE CHEW TOYS
- BRUSH TEETH WITH VIBRATING TOOTHBRUSH
- EAT SOMETHING COLD



AUDITORY INPUT

- LISTEN TO MUSIC
- BANG POTS AND PANS
- PLAY AN INSTRUMENT
- USE A NOISE MACHINE

VISUAL INPUT

- COLOR
- PAINT
- DRAW
- USE A KALEIDOSCOPE
- TRACKING BUBBLES

OLFACTORY INPUT

- USE ESSENTIAL OILS
- BAKE SOMETHING
- SCRATCH AND SNIFF STICKERS
- INTRODUCE NEW SMELLS

SENSORY ACTIVITIES

