



Sensory Play Activities

Auditory

- Listen to music with headphones.
- Play with instruments creating soft and loud sounds.
- Create different sounds using household objects including glasses with different levels of water.
- Imitate clap sequences and match the beat or speed.

Oral Sensory

- Use lollipops to increase stimulation of the mouth.
- Use a chew toy or chewing gum to increase proprioceptive input in the mouth.
- Blowing bubbles into a cup of water using a straw.
- Blowing into a wind instrument like a harmonica or a play flute.
- Drinking from a thick drink or yogurt using a straw.
- Chewing on crunchy food like chips or raw veggies or fruits.

Proprioception

- Lift or push heavy objects across a room such as groceries, sweep a floor, or dig in the garden.
- Jump on and off benches or raised surfaces, especially a trampoline if available.
- Practice wheelbarrow walking raising child's legs in the air and using hands to move forward.
- Play crab soccer kicking a ball with the feet while sitting with hips raised and hands on the floor.
- Bounce a basketball repeatedly onto the ground or against a wall.
- Play catch with a heavy ball or basketball.
- Play hopscotch or jump rope.
- Have your child lie folded in a blanket or with weighted blankets on top of him/her.

Touch

- Squeeze water from a wet sponge into an empty container until it is full.
- Pick hidden objects out of therapy putty.
- Use finger paint to create art.
- Pick out objects from various dry textures including: sand, rice, beans, pasta, etc.
- Play with hands and/or feet in wet textures including: sand, pasta, water, jello, flour, lotion, etc.
- Place different objects into an opaque bag and try to take out the requested object.
- Play hand clapping games like Patty Cake or Miss Mary Mack.
- Seek training from a therapist to address tactile sensitivity using the Wilbarger Brushing Protocol.

Vestibular

- Spin or walk in circles or use a hula-hoop.
- Assume different yoga poses to change the head position of the body.
- Play on a scooter board rolling on the tummy across a room or up and down a ramp.
- Play on playground equipment like swings, slides, seesaws, and rocking horses.
- For gentle movement, practice rolling, movement on a therapy ball, or

Visual

- Try playing in rooms with different lighting options.
- Read letters written across a board looking through a rolled up piece of paper.
- Play video games to improve visual awareness.
- Play ball games that require attention to a moving object.