

Suggested Sensory Activities

Proprioceptive Sensory Activities

Balance walk along masking tape on floor:

- Straight
- Zig Zigs

Tight Hugs

Sensory Circuit Activities

- Wall pushes
- Burpees
- Push ups
- Hand Squeezes
- Superhero poses
- Animal Walk – Based on our sensory trail
- Bear stretch
- Owl Swoop

Follow the light/Follow the sound – whole head/body

Vestibular Sensory Activities

Imitate head positions

Sway in time with chill out music

Back and forth rowing

Spinning (10 seconds in each direction)

Skipping

[Activate](#)

Jumping Jacks

Arm Spins

Musical statues

Hopscotch

Scooter rides

Cone spinner

Trampoline

Auditory Sensory Activities

Guess the sounds:

- Animals
- Vehicles
- Instruments

(you can link this to a “What’s in the bag” game)

Make a rain tube

Bottle blowing

Guess the song intro – Use favourite cartoon theme tunes

Follow a drum beat – use biscuit tin or saucepan with wooden spoon

Follow a clap pattern

Discrimination Sound Game:

- Near or Far
- Soft or Loud
- High or Low

Visual Sensory Activities

Drop & watch bouncy balls

Colour mixing

Washing up liquid and food colouring

Torch/Light Activities:

- Shadow Puppet Play
- Make the numbers with your fingers
- Guess animals from silhouette
- Guess shapes from silhouette
- Guess book characters from silhouette (Gruffalo etc)

Find items of interest in a picture/Find self in pictures

Sensory bottles

Sort boxes shape/size

Pile and knock down boxes/tower building

Pull colourful fabric from a bag

Oral Sensory Activities

Blowing:

- Bubbles
- Boats with straws
- Cotton Balls

- Maltesers
- Paint
- Feathers
- Whistles
- Sequins
- Glitter
- Confetti

Food Fun:

- Crunchy/Chewy Items – Alternate
- Smooth, rough foods (smooth and crunchy peanut butter)
- Milkshakes
- 10 frozen Fruits
- Drink through a straw
- Cut vegetables into strips
- Smoothies – blend and taste
- Ask questions like, “Which food here tastes salty? Which ones are sweet?”
- Colour cubes (cut food into cubes and sort by colour i.e cucumbers, apples.)
- Mashing foods, ripe pears, potatoes, grapes

Tactile Sensory Activities

Sensory Ball Games:

- Squeeze
- Throw/roll into bucket
- Different textured balls – Wrap in paper, cling film, tin foil
- Roll from head to toe and back
- Bounce

Touch and Texture

Put objects in a box and feel/guess

Sandpaper shape cut outs

Tearing paper (either to glue onto something, or just to tear up)

Crumpling newspaper

Sponges- Get out bowls and a sponge to transfer water from one bowl to the other.

Play-dough

Bubble wrap popping

Tin foil sculpting or squishing

[Salt painting](#)

Shaving foam art

Sand art – glue and sand and glitter

Fizzy water play (bath bombs)

Water play – using bottles, sprays and tubes.

Stress balls

Goop/slime manipulation

Earth, sand and water trays

Hay play

Fine Motor Sensory Activities

Use rubber gloves to make dots

Use cotton buds to make dots

Use stick to trace letters/mark making

Cutting with scissors paper, straws

Tweezer games

Ice Excavations (freeze objects in ice)

Retrieve items from shaving foam

Hole punch coloured paper then use to blow/for art

Trace numbers in sand

Use a pipette to drop liquid watercolours/food colouring onto toilet paper

Clothespin Number Match

Use clothes pegs and sort by colour to a “line” of wool

Core Strength Activities

Circuit Training

- Sit ups
- squats
- crunches
- Bicycle kicks
- Plank
- Stand on one leg
- Hop, skip, jump

[Cosmic yoga](#)

Body Awareness Sensory Activities

Sensory Ball throw/roll

Which hand is hiding the object?

Obstacle Course

Head, Shoulders, Knees and Toes

Self-Regulation Sensory Activities for Kids

Breathing activities for anxiety.

- Blow out the candle
- Blow the windmill
- Smelling a flower
- Open a window
- What can you smell game

Make faces in the mirror

- Monkey
- Monster
- Martian
- Tense all face muscles
- Relax all face muscles

Count backwards

Count to 5 with a deep breath

Put beans/dried peas/rice in a balloon

Fiddle toys

Follow simple lego instructions

Make a Calm Down Jar

Create a Daisy chain or flower Bouquet

Blow up balloons

Guess the smell:

- Spices (mix with water to avoid sneezing)
- Fruit
- Vegetables

Scavenger Hunts

Garden:

- Snails
- Grass
- Leaves
- Long Stick
- Short Stick
- Thick Stick
- Thin Stick
- Shiny Stone

Kitchen:

- Big Spoon
- Little spoon
- Fork
- A frying pan
- A saucepan