

## Sensory Based Activities

Here are some ideas for activities that may help your child stay calmer throughout the day. You know your child best. Observe when he or she is calm and focused and what sensory qualities are present. Is he or she reading a book (vision), taking a bath (tactile), listening to music (auditory), riding a tricycle (heavy work and movement), swinging (movement), manipulating a toy (vision and tactile)? Our sensory experiences help regulate our level of arousal. Providing a balance of activities that are calming or activating may help your child learn to recognize and control how they meet their needs. Attached are additional activities from Thrifty Nifty Stuff for Little Kids, written by D.A. Blose and Laura L. Smith. Pay attention, explore, and enjoy!

- Rock in a rocking chair or on a toy horse
- Bounce on cushions, a mattress, or a trampoline (with supervision)
- Swing being held by two adults in a blanket
- Walk or jump on cushions
- Do animal walks or dance
- Roll up like a hot dog in a blanket
- Play the sandwich game by carefully squeezing your child between cushions
- Chew fruit snacks, licorice or other chewy foods
- Blow bubbles
- Drink through a crazy straw
- Push a grocery cart with books inside
- Help put canned goods away
- Get a bear hug
- Rub your child's skin briskly with a towel
- Explore touching foamy soaps and lotions
- Play with dried pasta or rice
- Knead play dough or real dough
- Pop bubble wrap
- Give your child a massage