



CALMING

Activities

No Equipment

- Be Upside Down
- Bear Hugs
- Get Outside!
- Look Up!
- Sing
- Animal Breaths
- Stretch
- Make Silly Faces
- Any Kind of Heavy Work (Proprioception)
- Phrases That Help Calm A Child

Common Household Items

- Get Wrapped Up Tight
- Read A Favorite Story
- Puzzles
- Swinging or Rocking
- Hold An Ice Cube
- Stuffed Animal, Especially A Weighted One
- Color Or Other Art
- Blow Bubbles
- Dim Lights
- Calming Music

Special Equipment

- Noise Canceling Headphones
- Calming Smells
- Crash Pad
- Fidget Toys
- Sensory Bins
- Weighted Blanket
- Squeezy Balls
- Mermaid Fabric





ORAL SENSORY

Activities

No Equipment

Make Silly Faces

Whistle

Roll Your Tongue

Any Type of Heavy Work

Common Household Items

Blow Bubbles

Chew Gum Or
Other Chewy Foods

Chomp On Crunchy Foods
Like Carrots

Suck A Smoothie
Through A Straw

Slurp Noodles

Use A Straw To Blow Items
Around (ie Ping Pong Balls,
Cotton Balls, Even Paint!)

Musical Instrument Play

Bubble Mountain

Special Equipment

Chewable Jewelry

Chewable Keychain And
Zipper Pulls

Vibrating Toothbrush

Airbrush Markers

Water Bottles With A
Biteable Straw



PROPRIOCEPTIVE

Activities



No Equipment

March
Wrestle
Arm Wrestle
Bear Hugs
Joint Compressions
Push Against A Wall
Hand Presses
Push-Ups
Jump
Crawl
Animal Walks
Sit On Your Child
(Yes, I'm Serious)



Common Household Items

Pillow Fight
Pull Something Heavy Around
On A Blanket
Swim
Climb
Swing
Play Dough

Special Equipment

Trampoline
Crash Pad
Climbing Dome
Theraputty
Cozy Canoe
Scooter Board
Weighted Compression Vest
Weighted Stuffed Animal





VESTIBULAR Activities



No Equipment

Spin
Hang Upside Down
Run
Jump
Skip
Roll Down A Hill
Dance
Animal Walks
Yoga



Common Household Items

Swing
Hop Scotch
Ride A Bike
Walk On An Unstable Surface
(Pillows, Couch, Cushions)
Hang Off Couch
Jump Rope
Infinity Loop

Special Equipment

Trampoline
River Stones
Monster Feet Stilts
Curvy Beam Balance Beam
Classic Balance Beam
Balance Board
(Or Make Your Own!)

