

Sensory Diet

Movement is a good thing!
Ask your occupational therapist for a sensory diet customized for your child's needs.

Calming Activities

Lotion massage
Towel rub down
Vibration
Brushing
Joint compressions
Bean bag chair squish
Rocking
Weighted pads
Exercise ball rolling
Time in a tent
Blowing bubbles
Bath

Organizing Activities, Heavy Work and Proprioceptive Work

Fidgets, squishy balls
Running
Climbing on a gym
Chewy food, gum
Chewy toys
Ball seat, cushion
Theraputty
Swinging
Lycra swing
Snug clothing
Weighted items
"Heavy work"

Biking
Climbing wall
Clay press
Squeeze bottles
Trapeze
Wheelbarrow Walk
Resistance Bands
Sit and Skate
Scooter Board
Hike in the woods
Walk on pillows
Trudge in snow
Walk dog on leash
Tug of war
Crawl through tunnel
Ice skating
Swimming
Ball pool
Crash pad
Pillow Mountain
Lycra tunnel
Inner tubes
Bean bag catch
Laundry basket sled
Hugs!

Vestibular/Balance Activities

Trampoline
Moon shoes
Rock-hopping
Balance beam

Alerting Activities

Bounce on ball
Cold water sips

Lemonade
Crunchy foods

Tactile Sensory, Fine Motor Activities, Pre-Writing Activities

Sand play
Water play, water table
Play with shells, rocks
Shaving cream
Tub finger paint
Cooking
Paint with pudding
Play with frosting
Play doh or putty
Rice and beans box
Gardening
Use big tongs or tweezers
Snip marshmallows
Dye eggs
Magnets on cookie sheet
Dry-erase board on wall
Felt board
Mr. Potato Head
Spray bottles
Magnet wand & chips
Magna Doodle
Velcro Fruit/Veggies
Rapper Snappers
Lock & Latch puzzle
Ink Stamps
Write on a mirror with markers

Oral Motor Activities

Straws to suck and blow

Popsicles
Lollipops
Gum, chewy candy
Tubing
Bubbles
Blow games (Integrations)
Whistles
Facial massage
Vibration; jigglers
Nuk brush
Electric toothbrush

Visual Motor and Processing Activities

Try a slant board
Bowling
Golf
T-ball
Flashlight tag
Fiber optic lamp
ViewMaster reels
Glitter wands
Sign language
Photo albums

Auditory Processing Activities

Music boxes
Instruments
Board games
Sound blocks

For more info, read: **The Out of Sync Child Has Fun**, by CS Kranowitz