

Sensory Diet Activity Suggestions

Tactile (touch)



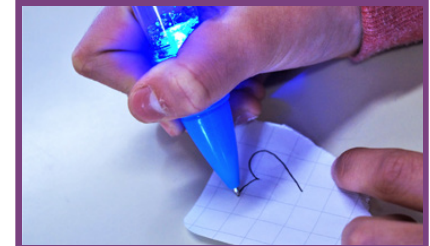
Squish play-dough



Squish sensory sand, foam or slime



Knead bread/pizza dough



Write with vibrating pen



Massage lotion on hands and arms



Play in sandbox or with water



Use silly putty



Use squishy or textured fidget, such as a stress ball



Finger paint



Draw with shaving cream

Sensory Diet Activity Suggestions

Vestibular (movement)



Run, jump, march,
dance or walk



Play on a merry-go-round
or use a spinning toy



Somersault or roll



Do push-ups



Climb stairs



Play catch



Swing on a swing



Climb and slide on
playground equipment



Ride trike, bike, scooter or
3-wheeled scooter



Do standing jumping jacks or
lying-down "snow angels"



Hop up and down like a frog
or on one foot



Bounce on a therapy ball
with feet on the ground

Sensory Diet Activity Suggestions

Oral Motor



Chew on gummy snacks or gum



Eat crunchy food, like carrot sticks, apples or pretzels



Use “chewelry”



Eat sour or spicy snacks, like hard candy or lemonade



Blow bubbles in water with a straw



Blow a whistle or kazoo



Apply scented lip balm



Brush teeth with a vibrating toothbrush



Blow bubbles



Use a straw to drink thick liquid, like a milkshake

Sensory Diet Activity Suggestions

Heavy Work



Move furniture or rearrange books and toys on shelves



Carry groceries



Carry a full laundry basket



Shovel snow or rake leaves



Take out the trash



Push a vacuum cleaner



Do yoga poses



Knead or roll bread, stir cookie dough



Push the shopping cart in a store



Work with a therapy ball



Mop or sweep

Sensory Diet Activity Suggestions

Visual, Auditory and Olfactory (smell)



Listen to favorite music



Wear noise-canceling headphones



Use calming sensory bottles



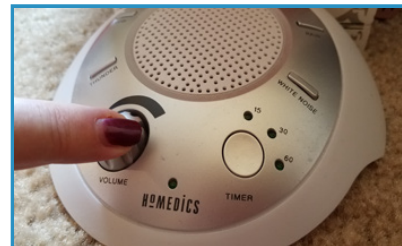
Lower or brighten lights



Bang on pots and pans



Play a musical instrument



Turn on white noise machine



Look at picture books



Wear sunglasses or hat to cut glare



Move away from visual clutter



Sniff scented candles or lip balm