

Sensory Smart Activities!



1. HOW TO MAKE A WATER BEAD STRESS BALL

Materials:

Water beads (you can get a pack of several thousand from Amazon for a few dollars)

A cup

A party balloon

STEP 1

If your water beads are dry and tiny, place them in a cup with water. They will soak up the water in a matter of hours but may need to soak overnight

STEP 2

Once the water beads have grown, place them in the deflated balloon to fill it, tie it off tightly, and you have a stress ball! It may break over time, but you can always make another!

2. NATURE SENSORY WALK

Materials:

A bucket, box, or any other type of container

Head on out with your child with a bucket for storing things, and go on a nature walk! As you walk, encourage your little one to carry the bucket and put things that interest them inside, like flowers, grass, rocks, leaves, etc! Be careful that your child avoids things like poison ivy and dangerous bugs and animals as you go.

When you're done walking, you will have a bin full of sensory items! Put them in water to play with, cut them up to work fine motor skills, tape them in a scrapbook, keep them as mementos, or simply return them to nature!

3. PAINT YOUR OWN ICE SCULPTURE

Materials:

A bowl/cup, any size
Liquid watercolor paint
Pipettes and/or paintbrushes
Salt

STEP 1

Freeze water overnight in a bowl or cup

STEP 2

Carefully turn the bowl/cup upside down to get the ice out

STEP 3

Rub salt over the ice to crack the outside of the ice

STEP 4

Use pipettes or paintbrushes to spread different colors of watercolor paint over the ice. You'll end up with a fun painted ice sculpture with little clean-up necessary!

4. WASHTUB/KIDDIE POOL PLAY

Materials:

A small washtub or kiddie pool (place outside!)
Bubble bath (optional, but extra fun!)
Plastic pitchers, cups, bowls, whisks, etc.
Sponges
Assorted water toys (rubber ducks, boats, etc.)

This activity is simple: just fill up a washtub or kiddie pool outside (or use a bathtub indoors if outside is not an option) with water and bubbles. Place things like pitchers, measuring cups, bowls, cups, sponges, and toys, in the tub/pool –make sure they're not breakable! Then all there is to do is let your kid have fun! Pouring and measuring the water will calm your little one and keep them entertained!

5. HOW TO DYE ITEMS FOR RAINBOW SENSORY PLAY

Rainbows are fun for all kids and catch their visual interest, so what better way to create sensory play than dyeing it rainbow? Here are some ideas of things you can dye different colors for fun sensory play:

Water beads (available cheap on Amazon- just put food coloring in water and let the beads soak it up)

Rice (white works best, mix 1 teaspoon of vinegar per cup of rice and add food coloring)

Cooked noodles (rinse, separate into bags, add a couple drops of one color into each bag, along with 1 drop of vegetable oil, shake bags, let sit for 15 minutes, then rinse again! Credit: growingajeweledrose.com)

Uncooked beans (use light-colored beans, shake 1 cup in container with 15-20 drops of food coloring until coated, and set out to dry)

Dried chickpeas (shake in a bag with acrylic paint and set out to dry)

6. HOW TO MAKE A SENSORY BAG

Materials:

Ziplock bag

Tape

Filler of your choice- possibilities are endless, including water beads, slime, hair gel with food coloring, rice, beans, etc.

STEP

Place your **1** filler in the bag and seal the bag tightly

STEP

Tape the **2** closure of the bag securely to prevent it from opening, and you have a great toy for fidgety hands!

7. MAKE A MAZE

This activity is easy and can be done with materials you probably already have! All you have to do is make a maze with chalk, paper, sand, shaving cream, etc. and let your little one solve it with a marker, toy, car, or their finger! This will give them excellent visual stimulation!

8. BACK TO THE BASICS- PLAYGROUND FUN

Some of the best sensory input there is comes from the tried and true tradition of playgrounds! Seesaws, teeter totters, monkey bars, swings, merry-go-rounds, and slides are all amazing sensory input for little ones, along with all that running around they'll be doing!

9. GET MESSY

While messy crafts can make for big cleanup, they're awesome sensory input for your little one! Not all kids like being messy, so be careful not to force them! Here are a few ideas for simple activities:

Fingerpainting

Drip painting

Playing/drawing in shaving cream or whipped cream

Paint with your bare feet

Pop balloons filled with paint, water, and air (outside!)

Throw water balloons filled with watered down watercolor paint at a poster board!

Water down paint and freeze it into cubes for fun ice painting!

Have your kiddo swing on their stomach and paint a piece of cardboard beneath them as they swing!

10. MAKE AN ANIMAL HABITAT

Sensory bins are one of our favorite ways to bring sensory input into play, so why not make it educational? Making an animal habitat will be loads of fun for your little one and will teach them about different environments. Here are some ideas:

Penguin habitat- put penguin figurines in a bin with big chunks of ice and some water

Woodland- get some woodland figurines like deer, bears, and rabbits, and add little trees with rice and real grass and/or dirt on the bottom as the forest ground

Savanna- use beans and dried grass with figurines of elephants, giraffes, and zebras

Ocean- fill the bin with water and sand and put figurines of sea creatures inside

11. GO ON A SOUND WALK

Our sense of hearing also needs to be explored and nurtured in little ones, so what better way than a sound walk? It's free, and provides tons of fun auditory input for little ones- and adults too!

All you need is your bodies, but if you want you can bring sticks or spoons for your little one to experiment with making their own sounds in nature! Before you go, tell your little one you're going on a sound walk so they should be listening, and as you go pay attention to the different sounds you both hear, whether they be cars, the leaves under your feet, birdsong, or an airplane overhead. Make it a game to comment to each other what you hear and how loud you think it is!

12. MAKE A RAINSTICK

Rainsticks are a fun sound activity, but you don't need to buy them- you and your little one can make these together!

Materials:

Cardboard tube

Plastic wrap

Clear tape

Rice

Paper/Aluminum foil

Ribbons, paint, decorative paper for the outside

All you have to do is double wrap the plastic wrap over one end of the cardboard tube and secure it with tape, then add in rice and either crumpled paper or aluminum foil until about 3/4 full, and secure plastic wrap over the other end. Then you just need to decorate the outside to make it pretty and you have your own homemade rain!

13. BALLOON MYSTERY ACTIVITY

Materials:

Balloons

Funnel

Fillers- items like rice, beans, pasta/noodles, legos, dirt, pebbles, sugar, water, play dough, flour, water beads, etc.

This activity will help your kiddos tell different sensations apart, and it's super easy! All you need to do is use a funnel to put different items in separate balloons until they are about halfway full and then tie them off tightly. Then encourage your kids to try to guess what is in each balloon by squeezing it, feeling it, shaking it, smelling it, and looking at the pieces through the balloon. Depending on how much trouble they are having, you may need to give them a couple hints if needed!

14. INDOOR PHOTO SCAVENGER HUNT

Materials:

Printer

Tape

This activity is great for a rainy day, and puts your kiddo's sense of sight to work! Print out photos of different things (you can follow a theme, eg. "animals" or "flowers", or just do an assortment of objects) and tape them in different places around the house and have your child go on a scavenger hunt to find different things! Make a checklist with different descriptors like "find something round," "find something that flies," or "find something blue". This will give your child's brain an excellent workout and get them on the lookout for different visual cues!

15. EASTER EGG SHAKERS

Materials:

Plastic Easter eggs

Fillers- rice, beans, pom pom balls, bouncy balls, marbles, sugar, flour, etc.

This activity exercises your kiddo's sense of hearing! Place a variety of fillers that will make different sounds in plastic Easter eggs, and have your child shake the eggs to hear the noise they make. For an extra challenge, make two eggs per filler and have your child try to match eggs that sound the same, and check to see if the fillers match!

16. SENSORY USES FOR FURNITURE

Some days you need a low-maintenance, quick activity, but did you know you have a few in your home already? Furniture can serve as great sensory tools. Here are some simple, fun things you can do with your furniture to give your kids some fun sensory input- be sure to monitor your kids for safety purposes:

Have your kid "crash" from the arm of the sofa into the cushions

Hang upside down from chairs, beds, and sofas

If you have a rocking chair, use it as a great calm-down tool

Spin on office/swivel chairs

Jump from the last few steps of the stairs onto cushions on the floor

If you're willing, monitor your kid while they jump on the bed

Have a pillow fight

Dance around the living room

17. MAKE AN "I-SPY" BOTTLE

Materials:

Clear plastic water bottles

Superglue/hot glue

Rice

Funnel

Various tiny objects, like coins, mini figurines, beads, safety pins, buttons, dice, etc. (try craft stores, dollar stores, or your junk drawer!)

Searching for different objects is a great visual activity, especially when it takes a bit of work! For this activity, put tiny items and rice (use a funnel!) in a clear bottle, making sure not to fill it too much (You need room for everything to shift around), and glue the lid shut. Then let your kiddo move the bottle around to try and find the different objects! This makes a great reusable activity. Optional: Make a list of the objects inside to go with the bottle so your child knows what they're looking for.

18. MAKE AN OBSTACLE COURSE

This activity is perfect for older school-age kids, who may or may not have grown out activities like sensory bins and bottles, and it gets their bodies moving!

Materials:

Plastic cones

Tires

Boxes/crates

Boards/planks

Anything else you can think of!

STEP 1

With your child, set up an obstacle course in your driveway or yard

STEP 2

Encourage your child to go through the course, joining in if you are willing and able! Time yourselves for an extra challenge

19. BALLOON TENNIS

Materials:

Fly swatters (or just your hands!)

Balloons

This activity is simple and works your kiddo's gross motor skills, plus it is great fun for a variety of ages! Just blow up some balloons, get some fly swatters, and play "balloon tennis" hitting the balloon back and forth, or just try to keep the balloon off the ground, and watch your child get all of those wiggles out!

20. MAKE YOUR OWN BUBBLE-MAKER

Materials:

Plastic cup

Plastic straw

Water

Dish soap

Scissors

Bubble makers are tons of fun for little kids and older kids alike, so why not make one yourself! This bubble maker can be made with supplies you might already have and works your child's fine motor skills! Simply poke a hole in a plastic cup a couple inches below the bottom, making sure your straw can fit through. Then fill the bottom inch of the cup with 1/2 water and 1/2 dish soap, stick the straw through the hole and angle it so it is in the liquid, and you've got a bubble maker!

21. SHAPE SORTING

Materials:

Painter's tape

Many shaped objects: circles/spheres, squares/cubes, triangles, etc.

This activity is a great way to work on your toddler's visual skills! For this activity, gather up as many different-shaped objects as you can around the house, using toys and household objects- make sure you have multiple of each shape! Then tape outlines on the floor in the shape of each group of object, and have your little one sort each object into one of the outlines, helping them if necessary!

22. PRACTICE COLORS WITH WATER BEADS

Materials:

Colored water beads OR clear water beads and food coloring

Water

1 Big bowl

As many bowls as you have different colors of water bead

This activity is great visual practice for little kiddos to learn or practice their colors as well as fine motor skills! Hydrate pre-colored water beads in a big bowl or clear water beads in different containers of water (each dyed a different color) overnight and drain the excess water in the morning. Then, put all the water beads together in a big bowl or bin and place small bowls around it, and have your child make a game out of sorting the beads into different bowls by color, saying each color as they place a new bead inside! Since water beads are slippery, this will make an extra fine-motor challenge!

23. DINOSAUR EGGS

Materials:

Miniature dinosaur figurines

Freezer

Balloons

Water

Glitter (optional)

This activity is a fun one that combines imagination with problem solving and sensory play! Place a dinosaur figurine in each balloon, fill with water and glitter if desired for an extra fun egg, and place in the freezer. Once frozen, the balloon should be easy to peel away and you have your own dinosaur eggs! Make a game for your kiddo where they have to figure out how to get the dinosaur out using different tools and water (you can even make it a fun "archaeology dig"), and when the dinosaurs are free you can use them for play in a sensory bin with grass, beans, or rice!

24. ANIMAL RESCUE

Materials:

Painters tape

Small animal figurines

Sturdy, flat surface (i.e. baking sheet, board, etc.)

This activity is a great way for toddlers to practice fine motor skills and will keep them occupied for long periods of time, because their little hands aren't used to manipulating tape! Just put a piece of tape over each animal figurine on a sturdy, flat surface, and have your little one "rescue" the animals by peeling them up and removing the tape from them! Afterwards they can play with the animals they freed!

25. WASH THE FARM ANIMALS

Materials:

Plastic farm animal figurines

Two buckets or bins

Dirt

Water

Soap (safe for children)

Sponges, cheap tooth brushes, rags, etc.

This activity is a great way for kids to get messy with easy cleanup, and it will work their imaginations! Fill one bucket or bin halfway full with dirt, and add water to make it 'muddy'. Then fill the other bucket/bin with water and child-friendly soap. Then let your kiddo get the farm animals dirty by playing with them in the dirty bin and then wash them off in the soapy water with various tools like brushes, sponges, etc. This will work their fine motor skills and give them plenty of great tactile input!

26. OIL AND WATER SENSORY BAG

Materials:

Gallon freezer bag

Duct tape

Water

Baby oil

Food coloring

This activity is a twist on the traditional sensory bag that brings a bit of science and exploration into sensory play!

STEP 1

Secure the three sides of your gallon bag with duct tape

STEP 2

Place about a quarter cup of baby oil mixed with food coloring into the bag

STEP 3

Place the same amount of water in the bag

STEP 4

Carefully seal the bag, securing the opening with duct tape, and you're ready to play!

27. POM-POM WHISK

Materials:

Small pom-poms

Whisk

This activity is easy, no mess, and will give your little one some entertainment while they build their fine motor skills. Older babies and toddlers will love this! Stuff the inside of a whisk with pom-poms, and give it to your kiddo so that they can work on pulling the pom-poms out! Be sure to monitor your child so they don't eat the pom-poms, though!

28. YARN PULL

Materials:

Bulky yarn in different colors

Scissors

Tape

Empty tissue box or empty baby wipe container

This activity is great for babies and toddlers, and gets their fine motor skills working while they explore texture! Be sure to monitor your little one to avoid choking hazards.

STEP

1
Tape your tissue box or baby wipe container to a sturdy surface

STEP

2
Cut medium-length strips of different colors of yarn and stuff them in the container

STEP

3
Encourage your little one to pull the strings out one by one, and put them back in when done!

29. EGG RACE

Materials:

Spoons

Eggs or bouncy balls

Many of us remember doing the classic egg race ourselves as children, and feeling a bit silly and fun doing it! Despite how silly it looks, egg races are a great way to get your vestibular system (what helps us balance and orient ourselves) working! Do an egg race with your kiddo, or for a low-mess option, a bouncy ball race! Balance the egg or bouncy ball on spoons and try to make it to the finish line first without dropping it! For an added challenge for older kiddos, put obstacles in the way like pillows, cones, boxes, etc. so you have to move from side to side!

30. MASKING TAPE FUN

Materials:

Masking Tape

This activity is practically free, and easy to set up and clean up! All you need is masking tape and a willing little one, and you can bring sensory input inside or outside. There's tons of options of what you can do- encourage your kiddo to walk a masking tape "tightrope," walk along a spiral made of tape, go through a maze, or even a full-blown "obstacle course"!

31. GO BOWLING

Bowling is a great way to practice and build hand-eye coordination, especially in older kids! Go to a bowling alley as a family for a fun motor-skill night, or make your own bowling set at home for younger kiddos with water bottles!

32. MAKE A SENSORY (CALM-DOWN) BOTTLE

Materials:

Clear water bottle (Recommended: Voss)

Clear Tacky glue

Glycerin (try asking a pharmacist)

Glitter

Super glue

Other objects, like marbles or sequins

Sensory bottles make great toys as well as calm-down tools for upset kiddos of all ages. These sensory bottles are easy to make and last for a long time! Remove the plastic from your water bottle so the inside is completely visible, and then fill up the bottle about a third full with warm water. Next, pour about 2 oz (or half a bottle) of tacky glue into the bottle, close the lid, and shake to mix the glue with the water. Then it's time for glitter- use multiple colors and sizes to get a beautiful effect! Add in any extra objects like marbles here as well. Then pour in a generous glob of glycerin, fill up with more warm water, and shake! If the bottle is to your liking, superglue the lid on to avoid accidents! To use as a calm-down tool, have your kiddo shake it and wait for the glitter to settle, watching it fall!

33. TAKE A BREAK

It may seem obvious, but sometimes we all need a reminder that we need a break! Kids especially have lots of energy and sensory needs that they need to fulfill, so if you are noticing your kiddo is getting restless or having trouble focusing on a day cooped up inside, take a break to dance around, do jumping jacks, crab walks, have a pillow fight, etc! This is extremely useful for older kids who may get frustrated or have trouble concentrating on homework for long stretches of time– allow and encourage them to take a break to listen to their body, regain their focus, and improve their mood. For teenagers, crab walking might not be up their alley, so try yoga, dancing, breathing exercises, or a walk!

34. RACETRACK FUN

Little kids love playing with toy cars, so why not add in some extra sensory fun? Make a "racetrack" for your kiddo to race their toy cars on out of different materials, like bubble wrap, slime, shaving cream, rice, beans, sand, dirt, etc! Your kid's imagination will go wild with these different textures as well as the different sounds each track will make!

35. MEAL MIX-UP

Food is a great way to introduce your kids to new sensations– pretty much all of the senses are being used when you eat! Try mixing up and adding in new foods during meal and snack time. Some ideas:

Crunchy/loud snacks

Mushy snacks

Mixed texture foods (ex: hot tacos with cold toppings)

Cold foods, like popsicles

Drinks that require the use of straws, like smoothies or shakes

Of course, don't force your kid to eat something they don't want to– simply introduce new foods and snacks in a fun way! You don't want to push new foods too much at the risk of overstimulating or upsetting your kiddo!

36. GARDEN

Gardening is a great way to build motor skills and work all of your kiddo's sensory system, from the different smells of plants to the feel of the dirt and the movement required! Gardening is also fun for kids of all ages, and teens too! Your child will gain a sense of accomplishment seeing their garden grow and will connect with you as you work together.

37. TEXTURE FRAMES

Materials:

Cheap frames

Different textured and colored fabrics (try a craft store or dollar store, or your own house!)

This activity might be a bit boring for older kids, but it's super fun for babies! Find several different textured fabrics and cut them to the size of the frames you have (you can vary the size of frame as well) and then place them in the frame, removing the glass cover but leaving the cardboard backing! Then place the frames on the ground for your little one to feel and explore! Keep and glue down the fabrics to reuse later.

38. GO ON AN INDOOR "SLEIGH RIDE"

Materials:

A sheet or blanket

This activity is lots of fun for kiddos and is good for a rainy day! Simply take a sheet or big blanket and pull your child around the house while they are in the sheet in different positions, like laying, sitting, facing backwards, etc! If you have multiple kids in your household, have them take turns pulling each other!

39. FLASHLIGHT TAG

Materials:

1 Flashlight per person

This activity will help your little ones practice coordinating both sides of their body as well as give them some new visual input! This can be done indoors with the lights off or outdoors in a safe area. Whoever is "it" first gets a flashlight (and everyone else can get an emergency flashlight if they get scared/lost) and counts to 60 while everyone else hides and runs away. After 60 seconds "it" goes searching for everyone, using their flashlight (hold with both hands for best bilateral coordination!). Once they find someone, they become "it" and look for people!

Safety tip: Have a word everyone can shout when they are scared/feel unsafe that ends the game and means lights on

40. GO SWIMMING!

This one may seem a bit obvious, but swimming gives lots of great sensory input! Take your child to the pool and have a pool day- encourage them (if they're old enough) to try flips, turns, and walking on their hands underwater for great vestibular (balance and body position) input! Floating is also great sensory input, as are swimming laps!

41. CRAFTING FOR FINE MOTOR SKILLS

Crafts are a great way for older kiddos to work on their fine motor skills and occupy fidgety hands! Here a few ideas for crafts that will get them creating, learning, and building life-long skills:

Knitting/Crocheting

Quilting

Cross-stitching

Painting/Drawing

Making jewelry

Pottery

Collaging

Science experiments (slime, volcanoes, etc.)

42. COOK AND BAKE TOGETHER

Cooking and baking are great sensory activities– they provide lots of smells, tastes, tactile sensations, and even proprioceptive (muscle and joint) input. Cooking is also a great way to connect with teens and older kids and teach them practical skills! Encourage your kiddos to do things like chop veggies (if they are old enough), knead dough, mix batter/ingredients, etc. Teach your kiddo as they go, and make sure to praise whatever they do and make!

43. FROZEN WATER BEADS

Materials:

Multi-colored water beads

Freezer

Two large containers

Water

This activity is a great cold sensory activity and is super easy to set up! Hydrate colored water beads overnight, and then place them in a new bowl and put them in the freezer. Once frozen, take them out for sensory fun! Put them in a bin or bowl and let your child play with them, using their hands, tools, silverware, toys, etc. You can also give them warm water to thaw them, but once they thaw, they fall apart, so this is a one-time use for the water beads! Make sure to monitor little kiddos for choking or wait to do this activity if they are still putting things in their mouth!

44. SHAVING CREAM FUN

Materials:

Shaving cream (or whipped cream)

Baking tray or low-sided bin

Food-coloring (optional)

This activity is a tried and true classic! Encourage your kiddo to spray shaving cream on a tray or in a low-sided bin (make sure your child is old enough to not put the shaving cream in their mouth). Then, for extra fun, add in food coloring to make it visually interesting. Once the shaving cream is ready, encourage your little one to play with the shaving cream, draw pictures in it, and, if they learning to write, write words or letters! Lots of kids don't like the sensation of being messy, so don't force them to play if they don't want to!

45. PUSHING, PULLING, AND CARRYING

Pushing, pulling, and carrying things are awesome sensory input for growing bodies! You can fit these activities into play and everyday routines like chores, but make sure to never give your child something too heavy for them! Here are some ideas for how to bring pushing, pulling, and carrying into every day:

For younger kiddos:

- Wearing a backpack/fanny pack filled with toys
- Pushing a toy stroller/shopping cart around the house filled with toys
- Pulling a toy wagon with books/toys inside

For older children and teens:

- Kneading dough while baking
- Raking
- Helping carry laundry and groceries
- Pushing the strollers of younger siblings
- Pushing the shopping cart at the store

46. PLAY DRESS-UP

Dress-up games are a great way to introduce your child to different clothing textures and sizes. Keep in mind, a lot of children get upset at certain clothing textures and the feelings of tags, so only pursue this if your child seems comfortable! Make it a super fun activity by having a fashion show, playing a game like princesses and pirates, or letting your kiddo wear the clothes for a day if they want to!

47. HOW TO MAKE SLIME

Materials:

Elmer's school glue (clear or white)

Liquid corn starch

Water

Food coloring

Slime is one of the most fun sensory activities and can be made in dozens of ways! Here is just one recipe for slime, but feel free to search for others, like rainbow slime, fluffy slime, and glow in the dark slime! To make this simple slime, just mix 1/2 cup of school glue with 1/2 cup of water, adding in food coloring to give it a fun color, and glitter if you want extra fun! Then, add in 1/4 cup of liquid corn starch and stir it in and begin to knead the slime. Then you've got slime! Store it in a sealed container for reuse (it will last a couple weeks).

48. HOW TO MAKE OOBLECK

Materials:

Cornstarch

Water

Food coloring

Bowl

Spoon

Oobleck is a non-Newtonian fluid, which means it is not quite liquid, and not quite solid. Kids will have lots of fun playing with the oobleck- pressure makes it more solid, while releasing it makes it more liquid.

STEP 1

Add food coloring to 1 cup of water

STEP 2

Mix in 2 cups cornstarch to the colored water

STEP 3

Play! Try hitting it with different things and applying pressure!

49. PAINT WITH ICE

Materials:

Ice tray

Water

Food coloring

Popsicle sticks

Paper

Freezer

Painting with ice is a fun way for children to cool down and get creative! Simply mix different colors of food coloring with water in an ice tray, place popsicles in each section, and freeze overnight. The next day, give each cube to your child as a "paintbrush" with the popsicle stick as a handle. Then your kiddos can have lots of fun painting with their homemade ice paints! The cold texture will be great sensory input, especially on a hot day!

50. MAKE A BUSY BOARD

Materials:

Piece of wood/fiberboard

Drill & screws

Carabiners

Hot glue & hot glue gun

Various objects like zips, shoelaces, knobs, switches, etc.

Busy boards are a great way for toddlers to have fun and build fine motor skills! This activity requires a lot of prep work, but will be good for re-use forever! Go around your house and look for objects like zippers, knobs, shoelaces, door knockers, switches, buckles, textured fabrics, etc. If you don't have a lot around your house, try the local hardware store or dollar store! Then attach your items to a piece of wood by drilling holes, using carabiners, and super gluing objects that can't be screwed in. Make sure the edges of the board are splinter-free, and then you have a busy board! Encourage your little one to play with it, using the zips and tying laces to build fine motor skills, but be sure to monitor them as they play for safety purposes!

51. PRACTICE HEALTHY TOUCH!

Healthy touch is one of the best ways to build connection and bring natural sensory input into your kiddo's life! Healthy touch can include the following:

Hugs (bear hugs are awesome sensory input!)

Massages

Hand-holding

Pats on the back

Tracing letters or pictures on each other's backs (make it a game!)

High fives

Fist bumps

Do each other's hair!

Play "thumb war"

Piggy-back rides

Remember, not all children are comfortable with lots of touch, so don't push it! If your kiddo doesn't want a bear hug, try a fist bump!

52. BRING SENSORY INPUT INTO EACH DAY

Sensory activities are awesome, but they're not the only way you can bring sensory input into your child's daily routine! Make a plan to have sensory input sprinkled throughout each day of your child's life– here are some ideas for everyday sensory tools:

Eat crunchy, chewy, and different textured foods

Use fidget toys and tools (some attach to pencils for homework time)

Practice healthy touch (hugs, hand-holding, etc.)

Exercise

Outdoor play

Play with pets/animals

Specific sensory activities daily (slime, sensory bins, etc.)

Cook together and wash dishes

Baths

Listening to music