

# Calming Sensory Activities

## 1. Tunnel Play-

- Put pillows in tunnel to climb under/over. (allow child to put pillow in tunnel and to help with cleanup)
- Have child try to roll tunnel to crash into pillows stacked against couch or wall.
- Hide stuffed animal in tunnel for child to find.
- Hide pieces of shape sorter or puzzle in tunnel to find hide one at a time to get more heavy work.

2. Push toy shopping cart filled with heavy items (i.e. books, toys, can food)

3. Push laundry basket full of wet or dry laundry or toys stuffed animals, anything heavy and safe.

4. Push child in laundry basket squished with pillows, stuffed animals. (exp. Pretend like basket is a boat and sing row row your boat)

5. Push another child on a riding toy

6. Climbing on playground equipment

7. Wheelbarrow walking (if child cannot wheelbarrow walk at feet hold at waist)

8. Bear Walk- can add large pillows to bear walk over for increase input and strengthening. Bear walk up\downhill.
9. Crab Walk
10. Weighted Compression vest. Wear small back pack with added weight (***Discuss with therapist recommended weight, each child is different depending on muscle tone and body weight***)
11. Jumping and crashing into pillows and bean bag
12. Jumping on trampoline, couch, bed, large pillow, bean bag. (choose a specific number, or song to complete while jumping)
13. Have child set on bean bag and pull child.
14. Toss large ball, pillow or bean bag
15. Pressing or squeezing hands together, playdough, resistive play lego, potato head etc.
16. Tactile Play- rice, beans, sand (scooping and pouring,) shaving cream, finger paint.
17. Rock in rocking chair or rocking horse
18. Rolling on large therapy ball
19. Swinging- can use blanket as demonstrated by therapist. (slow linear movements for calming such as left to right, back and forth)

20. Joint compressions 10x start at shoulders.  
(Therapist will demonstrate technique)
21. Lotion massage- calming scent lavender, vanilla
22. Towel rubdowns with deep pressure after bath or swimming
23. Pillow squishes- place child between two pillows or cushions with her head sticking out. Push down gently on the pillows or cushions.
24. Wrap in heavy blanket with head out and press pillow on top of child's body
25. Roll large ball over body- **never face**  
(demonstrated by therapist)
26. Wearing tight fitting clothing (compression clothing)
27. Bear hugs
28. Towel and blanket snuggles- wrap tightly in towel or blanket
29. Calming music- classical, slow rhythmic (calming music can be played while completing any of the above activities)
30. Calming scents on wrist, pillow, blanket, favorite animal (exp lavender, vanilla)

## **Calming Oral Motor**

1. Chewy foods- beef jerky, slim Jims, gummies, twizzlers etc.
2. Crunchy food- granola, crackers,
3. Use straw with pudding cups, thick milkshakes, yogurt
4. Blow toys, horns whistles, bubbles, use straw to blow bubbles in water etc.
5. Vibrating toothbrush.
6. Chewy tubes, tethers (can be put in fridge to make cold)
7. Crunching ice chips, popsicle