



Sensory Activities And Resources

KCS Sensory At Home Activities and Resources



Elementary Ideas for Sensory Tools:

- Use headphones or earplugs to help students handle noises
- Use lotion to help with touchy or itchy skin
- Provide variety of smells such as essential oils or smelly Chapstick
- Provide play with Silly Putty or Wikki Stix
- Use oral tools such as gum, chewy candies, crunchy snacks
- Use a variety of fidgets
- Use timers to help provide a visual or auditory cue
- Use opportunities for movement that involve heavy work and use of both sides of the body (see heavy work list)



Middle/High Ideas for Sensory Tools:

- Use ear buds, headphones or earplugs to help with noise
- Use lotion to help with touchy or itchy skin
- Provide a variety of smells such as essential oils or smelly Chapstick
- Provide Silly Putty or Wikki Stix
- Use oral tools such as gum, chewy candies, crunchy snacks
- Use a variety of fidgets
- Use timers to provide a visual or auditory cue
- Use opportunities for movement that involve heavy work and use of both sides of the body (see heavy work list)



Example of an at home sensory diet:

- Wake up and have a chewy bagel or thick smoothie for breakfast while sitting on an exercise ball
- Play with basket of stress balls or silly putty while watching a favorite video
- Allow for some down time working on computer or doing a challenging building activity
- Provide oral motor strategies throughout the day such as gum, chewy candies, lollipops, etc.
- For snack time use chewy/crunchy snacks or those that require a straw – thick yogurt or applesauce through a straw, bagels, Twizzlers, beef jerky, large pretzels, etc.
- Do a home chore that requires using muscles such as carry books to put away on shelf, taking laundry basket to washer, pushing or pulling wagon around the yard, etc.
- Take time for active play outside for things like swinging, running, etc.
- Provide down time with stress balls or silly putty.
- Allow help with heavy work tasks like vacuuming, mopping, sweeping, picking up toys, etc.
- Sit on a ball or cushion when doing work tasks. When it is an option, let student write on a vertical surface.
- During bath time, provide shaving cream or foamy soap to write and play with in tub
- Wrap up snugly in a blanket while reading before bed




Sample Heavy Work Tasks for Home:

- Carry heavy items (baskets with blocks, groceries, etc.)
- Push or pull a box with toys or books in it
- Fill a small suitcase with heavy items and push/pull the suitcase across the room
- Push against the wall (wall push ups)
- Suck applesauce through a straw
- Let student wipe the table after dinner
- Let students scrub rough surfaces with a brush
- Let child carry heavy cushions – build a fort with couch cushions and play!
- Go “shopping” with student and let them fill a bag with cans, and other food items
- Let child help with yardwork like digging and raking
- Pull a sibling in a wagon
- Help with washing the car
- Play ‘cars” under the table where child pushes the car with one hand while weight bearing on the other hand



Online Sensory Resources:



Name and Link:	Description:
https://www.learning4kids.net/list-of-sensory-play-ideas/	Sensory play activities and resources
www.zonesofregulation.com	Strategies for social/emotional regulation
https://childhood101.com/sensory-play-ideas/	Sensory play activities and resources
https://teachingmama.org/100-sensory-play-ideas/	Sensory play activities and resources
https://handsonaswegrow.com/sensory-activities-for-kids/	Sensory play activities and resources
www.theottoolbox.com	Sensory play activities and resources