

## Sensory Ideas

1. Army Crawl
  2. Crab Crawl
  3. Jumping Jacks
  4. Seal Walk (elbows extended while dragging legs)
  5. Moving furniture (lifting up chairs, taking couch cushions on/off couch, etc.)
  6. Raking leaves, shoveling snow, digging in the garden
  7. Hopping on one foot or both feet
  8. Wall push ups
  10. Riding a bike
  11. Push ups while on ball
  12. Ball squishes (while lying on stomach or side)
  13. Laying under heavy pillows to read or listen to a story
  14. Carrying a lot of books down the hall
  15. Pushing a large Rubbermaid container full of heavy items (books, books and more books!) while on knees or feet...encourage the child to go slowly!
  17. Wheelbarrel walk
  18. Catching or hitting a ball
  19. Roll like a log
  20. Jumping Jacks (~20)
  21. Carrying in groceries
  22. Wiping windows ☺
  23. Swinging back & forth slowly (for calming)
  24. Swinging fast (to wake up)
- Never end a sensory break with a fast gross motor activity (choose the ball squishes, push ups or army crawl)
  - If you have any questions or concerns, please contact your child's Occupational or Physical Therapist! ☺