

SENSORY ACTIVITY CARDS

Key:

CALMING = Green

ALERTING = Red

<p>Hot Dog Press</p> 	<p>Sandwich Squish</p> 	<p>The Plank – Hold for 10 seconds!</p> 	<p>Yoga Poses: App (super stretch)/YouTube</p> 
<p>Wheelbarrow Walks</p> 	<p>Hand/Head Massage – Deep pressure</p> 	<p>Mindfulness</p> 	<p>Breathing – 10 Deep Slow Breaths (in through the nose, out through the mouth)</p> 
<p>Chewy Food!</p> <ul style="list-style-type: none"> - Raisins/Dried mango - Organic bear Fruit 	<p>Stress Ball</p> 	<p>Quiet time - Use Mood Light</p> 	<p>Story Time - listen to story read by parent/carer</p> 
<p>Blow Football (10 goals or keep cotton on the table)</p> 	<p>Playdough</p> 	<p>Theraputty</p> 	<p>Listening to Calming Music/Sounds</p> 

<p>10 Press Ups</p> 	<p>Sit ups</p> 	<p>15 Star Jumps</p> 	<p>Head Massager</p> 
<p>Sensory apps on Ipad/tablet (e.g. Magic Fingers)</p> 	<p>Chair Press Ups</p> 	<p>Wall Press Ups</p> 	<p>Blue Tac on the Desk (to fiddle with when doing work)</p> 
<p>Colouring In</p> 	<p>Pressure Push – Heads and Hands</p> 	<p>Finger Pulls - 1st index fingers, 2nd middle etc.</p> 	<p>Desk Stretches</p> 
<p>Theraband</p> 	<p>Going For a Walk</p> 	<p>Going for a Run</p> 	<p>Play with Lego</p> 
<p>Sensory Play – e.g. shaving foam</p> 	<p>Peanut Ball Roll</p> 	<p>Blowing Bubbles</p> 	

Knee Windmills

Knee Windmills



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- Touch left knee with right hand
- Stand up straight
- Touch right knee with left hand
- Stand up straight

E: 5x
H: 10x

Marching

Marching



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- March in place
- Lift knees high

E: 10 sec
H: 20 sec

Stretch To ("Sky-Shoulders-ground") Gradually increase speed and stop



Skipping



Windmills

Windmills



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- Touch left foot with right hand
- Stand up straight
- Touch right foot with left hand
- Stand up straight

E: 5x
H: 10x

Tree Pose



Spikey Massage Ball



Tent Time – with lights



Writing Stories



Ear Defenders



Pearl Clay

