

Occupational Therapy Home and Class Activities

Student Name: _____ Date: _____

Therapist: _____ School: _____

Sensory Diet

Every child is different in their sensory needs. Some children crave more sensory input, and others need to have their sensory input reduced. A “Sensory Diet” is designed to give your child the sensory input that he or she needs regularly through-out the day in order to make it easier for them to participate fully in class. Children need their sensory needs met all day long, so it is important for you as a parent to give your child some of their sensory input at home before school so that they will be ready for school.

Good **proprioceptive activities** include:

- € Jumping –could use a mini trampoline, or just jump on the ground
- € Deep hugs and massage
- € Crawling on hand and knees
- € Running –playing tag
- € Playing tug-of-war
- € Pulling and pushing –can use a weighed wagon, cart, box, or laundry basket
- € Catching and throwing –heavy ball or beanbags
- € Kicking a soccer ball or big exercise ball
- € Bouncing on exercise ball
- € Carrying heavy items –groceries, boxes, books
- € Swimming
- € Scooterboard activities, or lay on stomach on a skateboard and pull self with arms
- € Crab walk
- € Wheelbarrow walk
- € Pulling apart resistant toys –legos, snap beads, stretchy toys, exercise bands
- € Pounding and rolling –play-doh, clay
- € Hitting tetherball, volleyball
- € Squishing between pillows
- € Hanging from monkey bars
- € Vibration

Good vestibular activities are:

- € Bouncing
- € Swinging
- € Spinning –swivel chair, sit-n-spin,
- € Rocking –rocking horse or rocking chair
- € Climbing
- € Riding toys –trike, bike, scooter
- € Walking, running, hiking, swimming
- € Upside down –hanging off couch, off lap, on monkey bars
- € Outdoor play equipment –slides, teeter totter,
- € Recess games –hopscotch, catch, soccer, tag, etc.

Calming activities:

- € Warm bath
- € Deep pressure massage
- € Joint compression
- € Stretches
- € Snuggling in beanbag chair or pillows
- € Blanket wrap
- € Firm pressure
- € Slow swinging
- € Slow rocking
- € Tight vest
- € Weight
- € Soothing smells
- € Fidget toys
- € Quiet music or white noise
- € Bear hugs (child facing away from you)
- € Hugging a teddy bear
- € Finger hugs and tugs
- € Low light

Tactile/Touch Activities:

- € Fidget (small toy that can be touched and played with without disturbing the class).
- € Texture or fabric in desk to touch and feel
- € Playing in sand

- € Koosh ball or similar squishy ball
- € Balloon filled with play doh or sand
- € Zip lock bag filled with pudding
- € Rice box to find things in

Sensory Diet

Before school	
Midmorning	
Before writing activities	
During writing	
Afternoon	