

When in doubt, use HEAVY WORK!

Sensory Break Activities

- Steamroller
- wall push ups
- theraband exercises
- weighted items
 - vests
 - ankle weights
 - hat
 - lap pad
 - crate
 - backpack
- sit in beanbag
- pressure vest/bear hug
- body sock
- dots and squeezies
- burrito
- roll therapy ball over student
- tryke
- massage
- crawl under beanbags
- jump on trampoline
- push teacher in rolling chair
- scooterboard
- pull someone in wagon
- Fidgets
 - squeeze ball
 - Tridget fidget
 - Theraputty
 - stress relief ball
- hippity hop ball
- Yoga
- sensory table (rice especially)
- heavy work bands
- bubble wrap popping

Sensory Classroom Modifications

- move and sit/disco sit
- sit on ball
- elevated writing surface
- writing activities
 - chalk on chalkboard
 - crayons on sandpaper/cross stitch board
 - pencil in playdoh
 - rice
 - stamps
 - grease pencil on plexiglass
 - slanted/vertical surface
- put materials under seat
- Resistive tools/toys
 - spray bottle
 - clothespins
 - stapler
 - hole punch
 - bingo dotters
 - unifex cubes
 - legos
- theraband on chair
- use bottle/glitter glue
- use move and sit as foot rest
- carry chair from desk to work area

Sensory Jobs

- collect library books
- collect milk
- take down chairs
- vacuuming
- carry laundry basket
- washing windows
- staple papers
- hole punch papers
- transfer wet laundry to dryer
- wash table

Sensory Recess Activities

- Outdoor
 - sidewalk chalk
 - blow bubbles
 - rock climb on playground
 - monkey bars/climbing activities on playground
- Indoor
 - playdoh (presses, molds, rolling pin)
 - Twister
 - sensory table

Sensory PE Activities

- crab walk
- scooterboard relays
- wheelbarrow walk
- push ups
- weighted ball toss
- army crawl
- parachute

Sensory Snacks

- Chewy
 - dried fruit
 - gummi bears/worms
 - licorice
 - beef jerky
 - bagels
 - cheese
 - granola bars
 - gum
 - raisins
 - taffy
 - soft pretzels
 - popcorn
- Resistive Sucking
 - drink with crazy straw
 - sports bottle with long straw
 - lollipops
 - popsicles
 - drink milkshake with straw
 - hard candies
 - peanut butter
 - koolaid bottles
 - suck applesauce/yogurt through straw
 - Gogurt
 - freeze pop