

Sensory Diet Activity Suggestions for Preschoolers and Grade-Schoolers

(P) - Preschooler
(G) - Grade-Schooler

Tactile (touch)



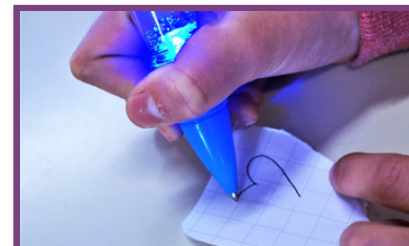
Squish play-dough (P, G)



Squish sensory sand, foam or slime (P, G)



Knead bread/pizza dough (G)



Write with vibrating pen (P, G)



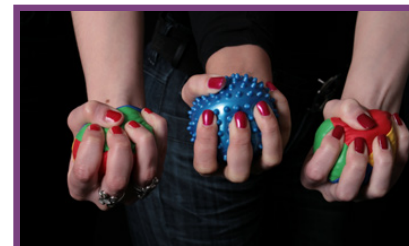
Massage lotion on hands and arms (G)



Play in sandbox or with water (P)



Use silly putty (P, G)



Use squishy or textured fidget, such as a stress ball (P, G)



Finger paint (P)



Draw with shaving cream (P, G)

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Vestibular (movement)



Run, jump, march,
dance or walk (P, G)



Play on a merry-go-round or
use a spinning toy (P, G)



Somersault or roll (P, G)



Do push-ups (G)



Climb stairs (P, G)



Play catch (G)



Swing on a swing (P, G)



Climb and slide on playground
equipment (P, G)



Ride trike, bike, scooter
or 3-wheeled scooter (P, G)



Do standing jumping jacks or
lying-down "snow angels" (P, G)



Hop up and down like a frog or
on one foot (P, G)



Bounce on a therapy ball with
feet on the ground (G)

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Oral Motor



Chew on gummy snacks or gum (G)



Eat crunchy food, like carrot sticks, apples or pretzels (P, G)



Use “chewelry” (P, G)



Eat sour or spicy snacks, like hard candy (G) or lemonade (P, G)



Blow bubbles in water with a straw (P, G)



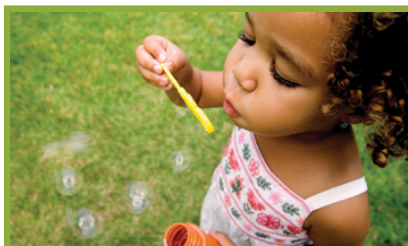
Blow a whistle or kazoo (P, G)



Apply scented lip balm (G)



Brush teeth with a vibrating toothbrush (P, G)



Blow bubbles (P)



Use a straw to drink thick liquid, like a milkshake (P, G)

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Heavy Work



Move furniture or rearrange books and toys on shelves (G)



Carry groceries (P, G)



Carry a full laundry basket (P, G)



Shovel snow or rake leaves (G)



Take out the trash (G)



Push a vacuum cleaner (P, G)



Do yoga poses (P, G)



Knead or roll bread, stir cookie dough (G)



Push the shopping cart in a store (P, G)



Work with a therapy ball (G)



Mop or sweep (P, G)

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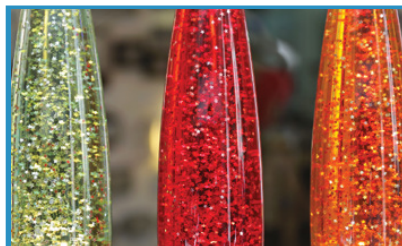
Visual, Auditory and Olfactory (smell)



Listen to favorite music (P, G)



Wear noise-canceling headphones (P, G)



Use calming sensory bottles (P, G)



Lower or brighten lights (P, G)



Bang on pots and pans (P)



Play a musical instrument (P, G)



Turn on white noise machine (P, G)



Look at picture books (P)



Wear sunglasses or hat to cut glare (P, G)



Move away from visual clutter (P, G)



Sniff scented candles or lip balm (P, G)