

## Occupational Therapy Sensory Activity Suggestions

The activities that have been checked (✓) have been recommended by your Occupational Therapist.

### Tactile input activities

Both children with tactile sensitivity and children who have a high threshold for tactile input could benefit from these activities. If your child has tactile sensitivity provide him/her with deep pressure into hands and arms to calm the nervous system before encouraging your child to receive tactile input that may be distressing to them. It may also be helpful to do this after exposure.

#### Games:

- make crafts with clay or play dough
- play dress up (keep a dress up box with scarves, boas, hats with different fabrics)
- apply temporary tattoos or stickers
- give “Hi” fives or firm handshakes
- play the classic pounding game “one potato, two potato”
- play “rock, paper, scissors”
- play with a battery operated massager (place on head or chest)
- put the child between two sofa cushions and make a people sandwich
- play with body or face paint

#### School:

- wipe eraser bits off desk into palm of hand
- use binders or pencil cases covered with textured material
- use hand cream
- let child use their own hand towel instead of paper towel for drying hands
- use a gel wrist rest at computer station
- use a textured pencil case
- use a gel pad for mouse pad
- give “Hi” fives or firm handshakes

**Fidget activities** (make sure that these activities do not require the child’s concentration, like a rubric cube)

- using a fidget for your digit or fidget ring
- using a charm bracelet
- using a stress ball
- using mouth fidgets
- using silly bands
- using key chains

#### Deep pressure or compression activities:

- squishing in a bean bag chair, or with pillows, or lie between two mats
- placing hands on child’s shoulders and firmly pressing down or bear hugs

**Olfactory/small activities:**

- limit scents for those who are hypersensitive
- calming scents – vanilla, floral, chamomile
- stimulating scents – citrus, peppermint
- scented salt/playdough or water
- scented markers
- sensory bins – rose pedals

**Auditory**

- soft, calm or rousing, stimulating music
- soft materials or tennis balls to bottoms of desk/chairs
- travel in halls before or after other students
- plastic bottle with some rice, rain stick
- playing musical instruments

**Visual**

- often difficulty with bright sunshine, fluorescent lights, rapidly moving objects on a Smartboard
- seekers – toys that flash, spin, shiny, lots of colours
- wear sunglasses, use study carrel to block input, shades on windows,