

Sensory Regulation Activities

By M. Marlene Seeger, OTR/L

- Pet head
- Clay
- Stamping
- Rolling clay with rolling pin
- Sand play
- Water play
- Finding objects hidden in beans, rice or sand
- Hand lotion - let child rub down arms and hands
- Pipe cleaner art
- Shaving cream play
- Finger paint
- Screwing together bolts and nuts
- Tinker toys
- Cutting paper of different weights
- Sandpaper blocks
- Balance beam
- Ball throwing
- Passing ball overhead and between legs
- Hitting suspended ball
- Bouncing balls of appropriate size for age
- Have a mini-trampoline available in the classroom
- Allow the child to manipulate hand fidgets or squeeze a small, hand-held pliable ball
- Crunchy snacks: Dried cereal, apples, raw vegetables, popcorn, crackers, pretzels
- Allow the child to chew sugar-free gum or suck on sugar-free hard candies
- Rubber chewy on string necklace or attached to shirt with safety pin

Therapist _____ Email _____