

Sensory Activities for Pre-Programmed Automatic Reinforcement

1. Water Bead Bag
2. Playdough
3. Shaving Cream-
 - a. prewriting skills
 - b. shaving cream painting
 - c. shaving cream and water beads
4. Water play mat (amazon)
5. Movement: Scooter board /rope pull/purple scooter
6. Vocational activities: wiping his desk or windows (cleaning related jobs that involve wiping motion and provides deep pressure for calming body), carrying the laundry, water the plants and gardening
7. Water play: spray bottle and duckies, washing toys
8. Colored dye in water
9. Squishy ball with pop beads
10. Slime in a box
11. Kinetic sand
12. Sensory bottle
13. Sensory bins
 - a. Sand and water sensory bin
 - b. Colored rice
 - c. Garden (dirt and seeds)
 - d. Water beads
 - e. Flour
14. Cloud dough
15. Cornstarch painting play
16. Rainbow soap foam bubbles
17. Making snow
18. Making ice cream in a bag
19. Oil and water sensory bag
20. Pasta bag
21. Mermaid fabric board
22. I spy bags/discovery bags
23. Water bead balloons
24. Sensory board
 - a. Scrub brush top
 - b. Mermaid material
 - c. Pom poms
 - d. Small water bag square
25. Corn bags that can be warmed in the microwave
26. Make sea foam- there are some great recipes on pinterest and google
27. Sensory balloons (fill the balloon with rice and tie it off- no need to inflate the balloon)
28. Yoga ball bounce- bounce up and down on a yoga or therapy ball- bonus if you do it to beat of a song

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29. Play tug of war together- its like field day at home! This is great for heavy work and big movements
30. Make a scooping station with a big bin of rice, beads, little toys and trinkets, put in a plastic ice cube tray and some small Tupperware or plastic bowls for sorting and a few scoopers (even ice cream scoopers will work) and let your kiddo go to town
31. Swing outside if you have one
32. Play tag or hide and seek – these big gross motor movements and heavy work actually provide sensory input too
33. Hopscotch and jump rope
34. Jello Fun! Have a little one (or a grown one) that might mouth or eat slime- make your own version of slime with jello instead- same consistency and totally safe for consumption!
35. Water Games like soak the sponge relay races, water balloons, etc.