

Month 1: Sensory Processing Preschooler and School-Aged Activities

Steamroller

- have two or more children lie on a mat opposite ends
- on the count of 3, have the children roll towards the centre of the mat
- when they reach each other, have them continue rolling into one another for a set time (i.e. 5 more seconds)

Hot Dogs

- have a child lie on one end of a yoga mat or blanket and roll them up
- once rolled, put on the “condiments” (i.e. chop down the child’s body for ketchup, press hard along their body for mustard); you can ask the child what they like on their hot dogs

Swinging

- swinging is a great activity to do with children if your facility has an indoor or outdoor swing
- push the children back and forth, side to side, and around in circles
- if you don’t have a swing, have a child lie in the middle of a blanket; have 2 adults, one grabbing each end of the blanket and swing the child back and forth

Pool Inner Tube

- have as many children that will fit sit on the inner tube with their legs on the outside
- have the children bounce around the inner tube

Scented Markers/Crayons

- provide the children with scented markers or crayons to colour with
- while sitting at the table, ask them what they smell like to them

Music

- play different types of music for the children throughout the day (i.e. fast and slow songs, repetitive music)

Indoor Tactile Path

- use duct tape or a strong masking tape to outline a path through different areas of your room i.e. carpet, tiles, or activity centres

- at various points on the path have rest stops along the path with sensory activities, such as
 - o a bin of rice or noodles or beans with objects that they have to dig out
 - o a bin with shaving cream or pudding or whipped cream that they have to make a design in
 - o a bin with balls of different textures i.e. tennis ball, rubber ball, koosh ball
 - o a bin with squares of different textures i.e. sand paper, felt, fun fur

Dry Swimming

- use a plastic pool filled with beans, macaroni, lentils, etc OR an imaginary pool (pretend the carpet is a swimming pool) and have the children swim around the area
- after swimming, use a beach towel to dry each child off

Follow the Leader

- have the child follow you around the room playing an elephant, horse, alligator, dog, cat, etc. and have the child makes the sounds of the animal if possible
- switch the leaders so each child gets a chance to lead and make up an animal movement

Sheet Slide

- have the child lay on their tummy on the sheet and pull the child around the room
- have the child lay on their back on the sheet slide and pull the child around the room
- more than one child can sit on the slide, and other children can help to pull the sheet

Body Part Erasers

- use carpet squares or carpet samples as a chalk board and using sidewalk chalk, dry oatmeal, or sand, write something on the square and then have the children use their feet to erase the picture drawn.
- Do the same thing but have the children use their hands as an eraser
- Do the same thing but have the children use their elbows as an eraser
- Do the same thing but have the children use their knees as an eraser

Body Painting

- using a variety of brushes, pretend to paint different body parts of the children and have them paint themselves

Touch and Feel Box

- cut a hole in a shoe box with a lid on it
- put various types of textures on the floor of the box like carpet, sandpaper, tiles and wax paper, and have the child feel the textures
- put various objects in the box and have the child guess what the object is
- place beans or lentils in the box and hide small objects that the child has to find

Exercise Ball Activities

- have the child lie on their tummy on the ball and roll their body forward on the ball
- have the child lie on their back on the ball and roll their body on the ball, reaching for objects placed behind them on the floor
- have the child do wheelbarrow walks while lying on the ball (feet on the ball and hands on the floor) to pick up objects or toss bean bag at a target
- have the child bounce on the ball while sitting on it

Scooter Board

- have the child lie on a scooter board on their tummy and be a beetle crawling along a path
- have the child sit on the scooter board criss-cross applesauce and be a tugboat by holding onto a rope and being pulled by another child
- have the child lie on the scooter board and push off from the wall with their hands and knock down a tower with their feet
- have the child lie on the scooter board on their back, throw a ball against a wall and catch it

Rolling Games

- play follow the leader by rolling over the indoor path
- have the children roll on mattresses on the floor, and place the mattresses up on a raised surface to create an incline and have the children roll down
- roll and unroll a child quickly in a blanket or yoga mat

Spinning games

- use the scooter board to have the child spin, using their hands on the floor to direct spinning
- spin the child on a swing, wheeled office chair, or on a spinning toy
- spin the child on a sheet on a slick floor
- have the child pretend to be a top and whirl around in the room

Cocooning

- wrap a child tightly in a sheet, blanket, or beach towel, and then hold tight like a caterpillar in a cocoon
- use a sleeping bag filled with foam pieces or sponges for the children to crawl into
- create space in a tent filled with body pillows and duvet covers/sleeping bags filled with foam pieces

Climbing a Mattress Hill

- place the foot of a mattress or mat on the floor and the head on top of a raised surface; have the child climb the mattress to get to the top of the "hill"

Tom Sawyer Travels

- using a carpet square or carpet sample have the children lie sit criss-cross applesauce and use their arms and legs to raft along a slick floor
- have the child lie backwards on the carpet and repeat the raft travels

Delivery Game

- have child pull a wagon, carry a large shopping bag or cardboard box filled with heavy objects, pretending it's the delivery truck that has mail they have to deliver (i.e. blue box to the blue spot)

Animal Walks

- have the children walk around the room like an animal you call out

Wheelbarrow Walks

- hold the child's feet and have the child crawl on the floor with their hands
- hold the child's hands and have them walk leaning on your body

Jumping Games

- have children squat and wind up the children (turn the arm like you would the handle of a jack in the box) and have the children jump up when the winding is done
- have the child jump every time you call their name
- have the children play leap frog
- place hoola hoops around the room, and have the children move from one end of the room to the other by jumping in and out of the hoops

Hot Potato

- pretend the ball or object given to the children is a hot potato which the child must get rid of immediately
- use large balls, bean bags, etc

Paper Mountain

- have the children crumple pieces of newspaper and throw the paper balls into a designated spot until there is a huge mound of paper
- have the child go into the mountain to explore
- have the child climb over the mountain
- have the child crush the mountain
- have the child throw the mountain into the recycling bin

Walls Moving in Game

- have the children pretend the room's walls are moving in and they have to push against the walls to keep them from moving in

Body Windshield Wipers

- have the children lie on the floor and use their legs as windshield wipers

Carpet Angels

- have the children lie on the floor and use their arms and legs to make a “carpet angel”

Body Function Charades

- have the children pretend to brush their teeth, wash their face, wash their hands
- have the children pretend to get dressed
- have the children pretend to eat and drink, and clean up the mess

Tug of War

- have an equal number of children on either end of a skipping rope or rope and place a piece of coloured tape on floor and equal distance from each team
- one the count of three have each side pull the rope until one of the teams crosses the tape mark

Tunnel Play

- have the children crawl through a small tunnel, boxes with holes cut at the top and bottom, or pile of pillows
- to make it more challenging, have the children push a heavy ball through the tunnel as they crawl through

Jogging

- have the children jog in one spot
- call out for them to run fast, normal, or slow motion

Dancing

- turn on music and have the children dance around the room

Hand Clapping Games

- pair, group, or individual clapping games

Play Doh Activities

- have children pound, squeeze, squish, roll, and pull Play Doh

Follow the Leader

- have one child be the leader and lead the other children around the room; allow them to crawl under tables, climb on mats, etc
- ensure each child has a chance to be the leader

Statue Game

- have the children move around the room
- shout “freeze” and have the children freeze in a different position

Parachute Games

- have each child hold on to the parachute and
- throw a ball into the middle to make popcorn; or
- have the children move it up and down to make big waves or small waves

Balloon Games

- don't let the balloons hit the floor by hitting them with hands and head
- *ensure there are no latex allergies in the room before using balloons

Straw Games

- have the children blow bubbles in a container of soap and water
- use tape or wiki sticks to make tracks along a table; have each child at one end of the table with a ping pong ball on the track; have them use a straw to blow the ping pong ball to the other side of the table

Ball Chain

- have the children stand in a line about arms length apart
- give the child at the front of the line a medium sized ball
- have the first child pass the ball over their head to the second child, the second child pass the ball under their legs to the third child, etc
- if you have large numbers, you can have two chains and have a race

Alien Zapping

- have children pair off and stand back to back
- keeping their feet planted on the floor, have each partner bring their right hand across their body to touch their partner's right index finger
- they then bring their left hand across their body to touch their partner's left index finger, and repeat!
- If there is an odd number of children, the child can stand with their back near the wall and touch stickers that are shoulder height on the wall