

# Fun Sensory Activities!

FOSTER  
VILLAGE



## Toddlers & Preschoolers

- Make a "sandwich" by pressing on your kid's arms, legs, and back with pillows
- Have your child push a stroller around, empty or filled, depending on their strength level
- Your kid can wear a backpack or carry a bag filled with toys
- Swing often and in different ways (side to side, front to back) and on different types of swings
- Encourage your child to spin by using Sit n' Spins, swivel chairs, running around, going on carousels, etc.
- Play dress up with different types of clothing
- Make a sensory bin filled with rice, beans, scoops, toy cars, bubbles, sparkles, etc.
- Play with musical instruments
- Fingerprint and sculpt with play dough
- Make slime/put hair gel in a sealed bag to play with!

## School-age kids

- Have your child jump on a trampoline or other cushy surface
- Play hopscotch
- Have your child help with chores like carrying laundry and groceries, carrying books, vacuuming, washing windows (carrying things and pushing and pulling are excellent sensory input!)
- Encourage your child to go upside down by hanging from monkey bars, doing somersaults, rolling down hills, etc.
- Swing often and in different ways (side to side, front to back) and on different types of swings
- Go on amusement park rides that go upside down and spin
- Give your child mixed temperature foods and frozen foods like popsicles
- Walk barefoot with your child in grass, sand, or dirt
- Garden with your child
- Play with shaving cream and slime
- Have your child help with food preparation
- Slide down slides in different ways
- Walk like different animals around the house!

## Teenagers

- Have your child help with things such as raking, mowing the lawn, pushing things in a wheelbarrow, carrying groceries
- Swing! It's still fun for teens—use a hammock or a regular playground swing
- Dance, do cartwheels and jumping jacks
- Encourage your child to swim, doing flips and turns underwater
- Do different tactile things with your teen, such as scrapbooking, sewing, sculpting, knitting/crocheting, making things out of clay
- Paint/do crafts
- Garden with your teen
- Involve your teen in cooking and meal preparation
- Go biking together!



A few things  
to  
remember...

- These activities are good for all children. HOWEVER, for serious sensory issues seek the help of a professional such as an occupational therapist
- **NEVER** force your child to do any of these activities they do not want to. Light encouragement is okay, but never push your child do activities that distress them, and be sure to monitor all activities in case your child becomes overstimulated