

SENSORY DIET CARDS

Printable Sensory Activity Cards and Sensory Support Cards



JUMPING SENSORY DIET ACTIVITIES













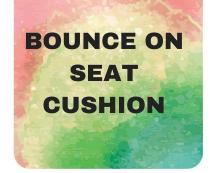
















JUMP
HIGH WITH
ARMS
UP TO
CEILING

SPINNING SENSORY DIET ACTIVITIES







SPIN ON OFFICE CHAIR SPIN ON SCOOTER BOARD RING AROUND THE ROSIE

DIZZY DISK

ROLL ON THE FLOOR DANCE

SPIN LAYING PRONE ON A SWING SPIN LAYING PRONE ON A SCOOTER BOARD SPIN
SEATED IN A
BOX OR
LAUNDRY
BASKET

SPIN LIKE A

SPIN & SPRAY WATER IN THE LAWN

PLAY SHOT PUT

UPSIDE DOWN SENSORY DIET ACTIVITIES





ROLL PRONE ON A THERAPY BALL

HANG UPSIDE DOWN FROM MONKEY BARS HANG UPSIDE DOWN FROM SWINGS

GO DOWN THE SLIDE HEAD FIRST

HEADSTANDS

YOGA:
DOWNWARD
DOG

ANIMAL WALKS: HEAD DOWN

LAY OVER EDGE OF BED OR COUCH PLAY TOSS THROUGH LEGS WHEELBARROW WALKS

TRIPOD HEADSTAND





CRAWLING SENSORY DIET ACTIVITIES



SNAKE
SLITHER

CRAWL UNDER OBSTACLE COURSE



CRAWL UNDER COUCH CUSHIONS CRAWL TROUGH SHEET TUBE



TUNNEL

CRAWL UNDER DINING ROOM FURNITURE



ANIMAL WALK: BEAR CRAWL

PRETEND TO BE ANIMALS





ROLL A BALL AND CRAWL AFTER IT

FORWARD MOVEMENT SENSORY DIET ACTIVITIES







ROLLER SKATING





PUSH OFF
WALL WITH
LEGS
SITING IN
OFFICE CHAIR





JOGGING





PLAY





THROWING SENSORY DIET ACTIVITIES







DANCE WITH SILK SCARVES



THROW
ROCKS IN A
LAKE/POND

PUNCHING BALLOON ZOOM BALL TOSS A
STICKY TAPE
BALL (TAPE
INSIDE OUT)

BOUNCE TENNIS BALL AGAINST OUTSIDE WALL



TOSS
COTTON
BALLS IN A
TARGET

SPLAT BALL



MEDICINE BALL

KICKING SENSORY DIET ACTIVITIES



ROLL FOOT ON A TENNIS BALL TOE KICK A
WEIGHTED
BALL

THERAPY BAND FOOT/LEG EXERCISES BUNGEE CORD ON DESK LEGS

CUSHION UNDER FEET AT DESK

SWINGING
FOOT
DEVICE AT
DESK

KICKING TARGET GAMES SPANDEX
SHEET
ACROSS
FOOT
OF BED

FOOT
TAPPING
RHYTHMICAL
EXERCISES

WOBBLE

ROPE & CAN FOOT STEPPERS

SOCCER

BEAN BAG ON FOOT -KICK INTO A TARGET KICK AGAINST A THERAPY BALL

ORAL PROPRIOCEPTION SENSORY DIET ACTIVITIES



SPORTS WATER BOTTLE

BLOW BUBBLES



BLOW A WHISTLE





CRUNCHY SNACKS



BLOW A DEEP BREATH OUT THROUGH **PURSED LIPS**

CHEW ON A STRAW



BLOW **A PARTY BLOWER**

BLOW COTTON BALLS THROUGH A **STRAW**



FINE MOTOR HEAVY WORK SENSORY DIET ACTIVITIES







POP BUBBLE WRAP





KNEAD DOUGH





BUILD WITH LEGOS



PEEL APART
LOOP SIDE &
SCRATCHY
SIDE OF
VELCRO
STRIPS

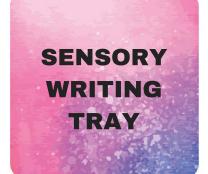
PLAY MARBLES





TACTILE SENSORY DIET ACTIVITIES

























FIDGET





WARM TEMPERATURE CALMING SENSORY DIET ACTIVITIES

WARM BATH

WARM WATER PLAY

WARM WATER SENSORY BIN

WARM DRY **TOWEL IN** DRYER

HAND WARMERS

WARM LOTION MASSAGE

WARM DAMP TOWEL ON FACE/ARMS

WARM CLOTHING LINER UNDER CLOTHES

QUICKLY **RUB PALMS**

EXTRA SOCKS

WARM COAT IN DRYER BEFORE GOING **OUTDOORS**

WARM SENSORY **BOTTLE IN MICROWAVE**

PLAY WITH WARM PLAY DOUGH

PLAY UNDER BLANKET FORT

PLAY IN SUN

COLD TEMPERATURE ALERTING SENSORY DIET ACTIVITIES

COOL

COLD WATER PLAY COLD WATER SENSORY BIN

COLD
WET
TOWEL
(COLD
WATER)

ICE PLAY

COLD LOTION MASSAGE

COLD DAMP TOWEL ON FACE/ARMS FROZEN
WASHCLOTH
FOR BITING
OR CHEWING

PAINT ICE CUBES

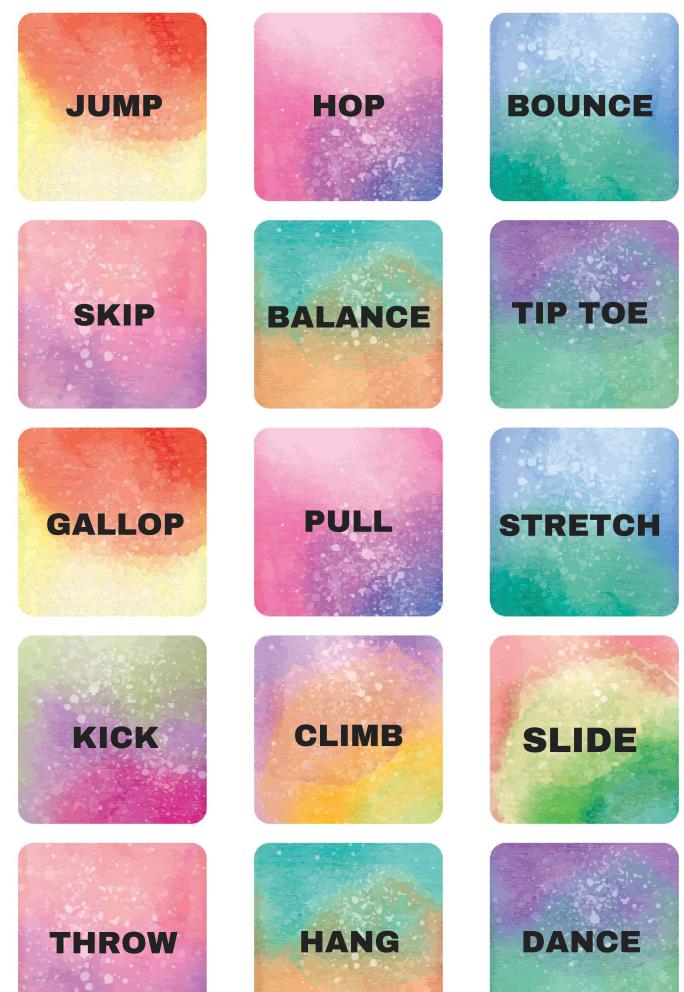
CLOTHING WITH MESH "AIR VENTS" CHEW TOOLS IN FREEZER COLD SENSORY BOTTLE IN REFRIGERATOR

PLAY WITH FROZEN PLAY DOUGH

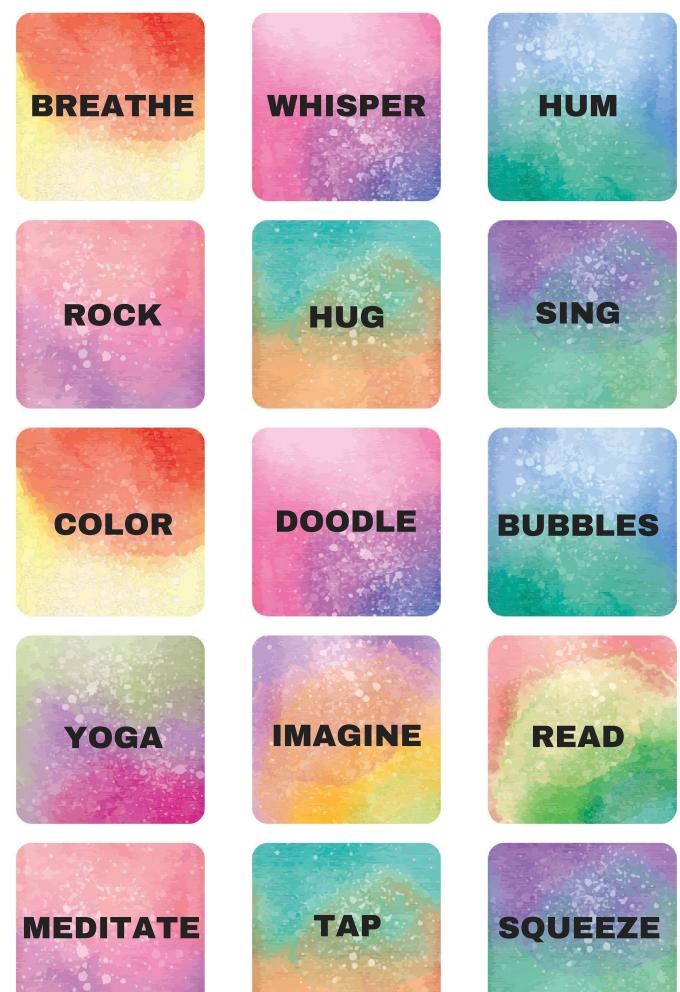
PAINT WITH FROZEN PAINTS

COOL SETTING ON HAIR DRYER

ACTION WORD SENSORY ACTIVITIES



SERENE WORD SENSORY ACTIVITIES



VESTIBULAR SENSORY ACTIVITIES



THERAPY
BALL
WITH
THROWING

SCOOTER BOARD WITH GAMES

PULLED ON A BLANKET CRAWLING RACE

BALANCE DANCE

SKIPPING RELAY RACE BALANCE BEAM OBSTACLE COURSE

JUMP TO
POP
BUBBLES

TARGET THROWING GAMES LOG ROLLING RELAY RACE

SWINGSET OBSTACLE COURSE

TWISTER

SIT AND SPIN

UPSIDE DOWN ART

PROPRIOCEPTION SENSORY ACTIVITIES

PULL A
FULL
WAGON

PUSH FURNITURE ON CARPET CARRY A
FULL
LAUNDRY
BASKET

SHOVEL DIRT OR SNOW WEAR A
HEAVY
BACKPACK

CARRY A
STACK OF
BOOKS

MOP FLOORS WALL PUSH-UPS CHAIR PUSH-UPS

WALL

ROLL UP IN A BLANKET TUG OF WAR

MASSAGE THROUGH SHOULDERS SIT/KNEEL JUMP ON TRAMPOLINE

HAMMER ACTIVITIES

PROPRIOCEPTION SENSORY SUPPORTS







ANKLE
WEIGHTS





WEIGHTED BLANKET





PENCIL CHEW TOPPER





COMPRESSION





TACTILE SENSORY ACTIVITIES







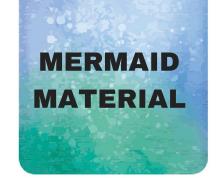
WRITE IN FLOUR TRAY





DRY BEAN SENSORY BIN

WATER BEAD PLAY



WRITE ON CARPET SQUARES CLOUD

DRAW SHAPES ON PALM

COLOR ON SAND PAPER SENSORY BAG WRITING

MASKING TAPE BALL

TACTILE SENSORY SUPPORTS



FIDGET

WRIST



KEYCHAIN FIDGET

THERAPY BAND



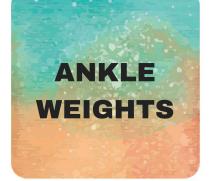
WEIGHTED

SUN



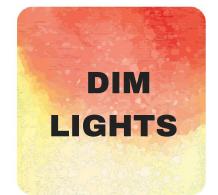
REMOVE TAGS LAYERED CLOTHING





LIGHT WEIGHT CLOTHING

VISUAL SENSORY ACTIVITIES







FLASHLIGHT SCAVENGER HUNT



DOT-TO-DOT PUZZLES

MAZES

MATCHING GAMES LAVA LAMP

TWINKLING LIGHTS SAND TIMER

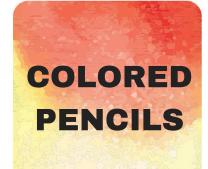
GLOW STICKS IN DARK ROOM

NIGHT

GLOW IN THE DARK CEILING STARS

DISCOVERY
BOTTLE

VISUAL SENSORY SUPPORTS



HIGH CONTRAST PAPER NATURAL LIGHTING

HAT WITH BILL SEATING AWAY FROM HARSH LIGHT

REMOVE LIGHTBULB OVER DESK

HIGH-LIGHTER MUTED

VISUAL ORGANIZERS

REMOVE
VISUAL
WALL
DISTRACTIONS

DESK CORRAL VISUAL
SCHEDULE

NEAR
POINT
COPY
MODEL

MARKERS FOR WRITING

READING GUIDE

AUDITORY SENSORY SUPPORTS































THE **OT** TOOLBOX.COM

INTEROCEPTION SENSORY SUPPORTS

























PRONE ROLL ON THERAPY BALL





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