



SENSORY DIET CARDS

Printable Sensory Activity Cards
and Sensory Support Cards



JUMPING SENSORY DIET ACTIVITIES

**JUMP
ON
TRAMPOLINE**

HOPSCOTCH

**BOUNCE ON
THERAPY
BALL**

**JUMP
ROPE**

**JUMP
ON A TAPE
BALANCE
BEAM**

**JUMP
ON A CRASH
PAD**

**JUMP
ON PILLOWS**

**HOP ON ONE
FOOT**

**JUMP ON
TOES**

SQUATS

**HOPPITY
BALL**

**BOUNCE ON
SEAT
CUSHION**

**JUMPING
JACKS**

BURPEES

**JUMP
HIGH WITH
ARMS
UP TO
CEILING**

SPINNING SENSORY DIET ACTIVITIES

**SPIN ON
SWING**

**BALLET
SPIN**

**SIT AND
SPIN TOY**

**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
TOP**

**SPIN &
SPRAY
WATER IN
THE LAWN**

**PLAY
SHOT PUT**

UPSIDE DOWN SENSORY DIET ACTIVITIES

CARTWHEELS

SOMERSAULTS

**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**

TOUCH TOES

WINDMILLS

CRAWLING SENSORY DIET ACTIVITIES

**ARMY
CRAWL**

**SNAKE
SLITHER**

**CRAWL
UNDER
OBSTACLE
COURSE**

PUSH UPS

**CRAWL
UNDER
COUCH
CUSHIONS**

**CRAWL
TROUGH
SHEET
TUBE**

**CRAWL UP A
SLIDE**

TUNNEL

**CRAWL
UNDER
DINING
ROOM
FURNITURE**

**CRAWL IN A
TENT**

**ANIMAL
WALK: BEAR
CRAWL**

**PRETEND
TO BE
ANIMALS**

**PULL
WEEDS**

**FLOOR
PLAY**

**ROLL A BALL
AND CRAWL
AFTER IT**

FORWARD MOVEMENT SENSORY DIET ACTIVITIES

**INDOOR ICE
SKATING**

SCOOTER

**RIDE A
BIKE**

**ROLLER
SKATING**

**SLIDES
(SITTING)**

**SWINGS
(SITTING)**

**PUSH OFF
WALL WITH
LEGS
SITING IN
OFFICE CHAIR**

**CLIMB
STAIRS**

**UP/DOWN
RAMPS**

JOGGING

**DECK
HOCKEY**

**PLAY
TAG**

**PLAY
KICKBALL**

**PLAY SIMON
SAYS**

**ROCKING
CHAIR**

THROWING SENSORY DIET ACTIVITIES

**BEAN BAG
TOSS**

**BALLOON
VOLLEYBALL**

**PLAY
BASKETBALL**

**DANCE WITH
SILK
SCARVES**

**TOSS A
THERAPY
BALL**

**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 WATER
BALLOONS**

**TOSS
COTTON
BALLS IN A
TARGET**

SPLAT BALL

**THROW A WET
KOOSH BALL**

**MEDICINE
BALL**

KICKING SENSORY DIET ACTIVITIES

**KICK A
BEACHBALL**

**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
BOARD**

**ROPE & CAN
FOOT
STEPPERS**

SOCCER

**BEAN BAG
ON FOOT
-KICK INTO A
TARGET**

**KICK
AGAINST A
THERAPY
BALL**

ORAL PROPRIOCEPTION SENSORY DIET ACTIVITIES

**DRINK A
SMOOTHIE**

**SPORTS
WATER
BOTTLE**

**BLOW
BUBBLES**

**PLAY
A KAZOO**

**BLOW A
WHISTLE**

**CHEW
BUBBLE GUM**

**CHEWY
SNACKS**

**CRUNCHY
SNACKS**

**WHISTLE A
TUNE**

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

**CHEW ON A
STRAW**

CHEW TOOL

**BLOW
A PARTY
BLOWER**

**BLOW
COTTON
BALLS
THROUGH A
STRAW**

**VIBRATING
TOOTHBRUSH**

FINE MOTOR HEAVY WORK SENSORY DIET ACTIVITIES

**HAND
EXERCISER**

**SQUEEZE A
STRESS BALL**

**RESISTIVE
THERAPUTTY**

**POP BUBBLE
WRAP**

**SQUEEZE
CLOTHES
PINS**

**HAND
SQUEEZES**

**KNEAD
DOUGH**

**HAND JOINT
COMPRESSIONS**

**SNAP
FINGERS**

**BUILD WITH
LEGOS**

**PEEL TAPE
FROM
A TABLE
SURFACE**

**PEEL APART
LOOP SIDE &
SCRATCHY
SIDE OF
VELCRO
STRIPS**

**PLAY
MARBLES**

**CLOTHING
SNAPS**

**HAND
CLAPPING
GAMES**

TACTILE SENSORY DIET ACTIVITIES

**SENSORY
BIN**

**SENSORY
WRITING
TRAY**

**THERAPEUTIC
BRUSHING**

**FIRM
MASSAGE**

**COMPRESSION
GARMENTS**

**LIGHT
TOUCH**

**WARM
BATH**

**SCRUB
WITH A
WASHCLOTH**

**PUT
ON LOTION**

**PLAY WITH
SLIME**

**DRAW ON
TEXTURED
SURFACE
(SANDPAPER)**

**TEXTURED
TOY PLAY**

**FIDGET
TOOLS**

**ICE
PLAY**

**TEXTURED
FABRIC
CLOTHING**

**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
BATH**

**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

JUMP

HOP

BOUNCE

SKIP

BALANCE

TIP TOE

GALLOP

PULL

STRETCH

KICK

CLIMB

SLIDE

THROW

HANG

DANCE

SERENE WORD SENSORY ACTIVITIES

BREATHE

WHISPER

HUM

ROCK

HUG

SING

COLOR

DOODLE

BUBBLES

YOGA

IMAGINE

READ

MEDITATE

TAP

SQUEEZE

VESTIBULAR SENSORY ACTIVITIES

**THEMED
YOGA**

**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
GAME**

**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
SIT**

**ROLL
UP IN A
BLANKET**

**TUG
OF
WAR**

**MASSAGE
THROUGH
SHOULDERS**

**SIT/KNEEL
JUMP ON
TRAMPOLINE**

**HAMMER
ACTIVITIES**

PROPRIOCEPTION SENSORY SUPPORTS

**FIDGET
TOOL**

**CHEW
TOOL**

**WRIST
WEIGHTS**

**ANKLE
WEIGHTS**

**THERAPY
BAND**

**THERAPY
PUTTY**

**WEIGHTED
BLANKET**

**HAND
EXERCISER**

**THERAPY
BRUSH**

**PENCIL
CHEW
TOPPER**

**WEIGHTED
LAP PAD**

**WEIGHTED
VEST**

**COMPRESSION
CLOTHING**

**BODY
SOCK**

**TIGHTEN
SHOE
LACES**

TACTILE SENSORY ACTIVITIES

**WET
CLAY**

SLIME

**SHAVING
CREAM
PLAY**

**WRITE IN
FLOUR
TRAY**

**WIKKI
STIX**

FLOAM

**DRY
BEAN
SENSORY
BIN**

**WATER
BEAD
PLAY**

**MERMAID
MATERIAL**

**WRITE ON
CARPET
SQUARES**

**CLOUD
DOUGH**

**DRAW
SHAPES
ON PALM**

**COLOR ON
SAND
PAPER**

**SENSORY
BAG
WRITING**

**MASKING
TAPE
BALL**

TACTILE SENSORY SUPPORTS

**CRASH
PAD**

**FIDGET
TOOLS**

**WRIST
WEIGHT**

**BODY
SOCK**

**KEYCHAIN
FIDGET**

**THERAPY
BAND**

**WEIGHTED
VEST**

**WEIGHTED
BLANKET**

**SUN
SHIRT**

**WEIGHTED
LAP PAD**

**REMOVE
TAGS**

**LAYERED
CLOTHING**

**COMPRESSION
CLOTHING**

**ANKLE
WEIGHTS**

**LIGHT
WEIGHT
CLOTHING**

VISUAL SENSORY ACTIVITIES

**DIM
LIGHTS**

**WEAR
SUNGLASSES**

**"I SPY"
GAMES**

**FLASHLIGHT
SCAVENGER
HUNT**

**SHADED
LENSES**

**DOT-TO-
DOT
PUZZLES**

MAZES

**MATCHING
GAMES**

**LAVA
LAMP**

**TWINKLING
LIGHTS**

**SAND
TIMER**

**GLOW
STICKS IN
DARK
ROOM**

**NIGHT
LIGHT**

**GLOW
IN THE
DARK
CEILING
STARS**

**DISCOVERY
BOTTLE**

VISUAL SENSORY SUPPORTS

**COLORED
PENCILS**

**HIGH
CONTRAST
PAPER**

**NATURAL
LIGHTING**

**HAT WITH
BILL**

**SEATING
AWAY FROM
HARSH
LIGHT**

**REMOVE
LIGHTBULB
OVER DESK**

**HIGH-
LIGHTER**

**MUTED
COLORS**

**VISUAL
ORGANIZERS**

**REMOVE
VISUAL
WALL
DISTRACT-
IONS**

**DESK
CORRAL**

**VISUAL
SCHEDULE**

**NEAR
POINT
COPY
MODEL**

**MARKERS
FOR
WRITING**

**READING
GUIDE**

AUDITORY SENSORY SUPPORTS

**CALMING
SOUNDS**

**SLOW
SPEECH**

**MUTED
ALARM
SYSTEM**

RAINSTICK

**PREFERRED
SEATING**

**WARNING
BEFORE
ALARMS**

EARPLUGS

**WHISPER
PHONE**

EAR BUDS

**HEAD
PHONES**

**VISUAL
SUPPORT**

**SOFT
MUSIC**

SPEAKER

INTEROCEPTION SENSORY SUPPORTS

**CALMING
MOVEMENT**

**HEAVY
WORK**

**TIMER
FOR
BATHROOM**

**MINDFULNESS
ACTIVITIES**

**TIMER FOR
MEALS**

MEDITATION

YOGA

**VISUAL
SCHEDULE
FOR
TOILETING**

**VISUAL
ALARM**

STRETCHING

**VISUAL
SUPPORT**

**BACK
RUB**

**PRONE ROLL
ON THERAPY
BALL**

**SOCIAL
STORIES**

**JOINT
COMPRESS-
IONS**