



# Sensory Diet

## 55 Sensory Diet Activities

### Calming Activities

The following activities *tend* to be calming for children. Use them prior to transitions, bedtime, social gatherings or any time your child is overstimulated to help soothe his sympathetic nervous system. Remember: what's calming for one child might not be for another. Keep an eye on your child's arousal level to make sure the activity is, in fact, calming.

1. Lowering or turning off the lights
2. Reading
3. Drawing/ coloring
4. White noise
5. Calming music
6. Wearing a compression vest
7. Weighted blanket
8. Quiet time in sensory tent
9. Deep pressure massage
10. Rolling large yoga ball over child's back
11. Playing in a sensory bin filled with rice or beans (\*Note- for kids with tactile defensiveness, this can have the opposite effect)
12. Joint compressions
13. Slow, rhythmical movement such as rocking or swinging back and forth
14. Fidget toys
15. Squeezing a stress ball
16. Kneeding playdoh or theraputty
17. Noise cancelling headphones
18. Chewy tubes
19. Chewing gum
20. Sucking on a lozenge or a piece of candy
21. Watching slow moving images (lava lamp, fish tank, liquid motion timer)
22. Drinking warm chamomile tea
23. Essential oils (lavender, roman chamomile, rose, frankincense)
24. Epsom salts in bath
25. Magnesium supplement



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### Alerting/ Organizing Activities

The following activities tend to be alerting/organizing for a child who is sluggish, having trouble focusing and/or whose nervous system is a little “disorganized.” When trying an activity, remember to ask yourself the following questions: Does my child seem more alert? More focused? More engaged? More cooperative? In a better mood? More regulated?

1. Jumping jacks
2. Jumping on a trampoline
3. Bouncing on a therapy/yoga ball
4. Dancing
5. Climbing
6. Hanging
7. Sliding
8. Riding a bike, scooter, skateboard
9. Vacuuming
10. Chewing (chewy tubes, gum, crunchy snacks)
11. Drinking out of a straw
12. Digging
13. Pushing or pulling heavy objects
14. Obstacle course
15. Wheelbarrow walking
16. Animal walks (crab walk, bear crawl, frog hopping)
17. Crashing (jumping off mini trampoline onto crash pad)
18. Drinking something cold
19. Scooter board
20. Sit n spin
21. Rotary swinging (\*Note- for kids who have over-responsive to vestibular input, this can be over-stimulating)
22. Crawling through a tunnel
23. Rough-housing
24. Jump rope
25. Push-ups
26. Banging on drums
27. Throwing or kicking a ball
28. Whistling, blowing bubbles, blowing through a straw
29. Playing with textures (finger painting, shaving cream, kinetic sand)
30. Log rolling