

Sensory Diet Activities

Keep in mind that everyone responds differently to various sensory input, and what may be calming for some can be alerting to others. These activities are categorized into whether they generally tend to be: Calming, Alerting, or Organizing for children.

Calming (Slow Down)	Alerting (Wake-Up)	Organizing (Attention/Focus)
Kneading dough, use play-doh, or squeeze firm putty		Kneading dough, use play-doh, or squeeze firm putty
	Squishing slime or foam, finger paint, or shaving cream drawing	
Squeeze hand fidgets		Squeeze hand fidgets
Lotion massage (lavender)		
	Vibrating pen or toothbrush	
Squishy/textured fidgets		
Wall-pushes or push ups		Push-ups
	Somersault/roll	
Walking		Run, jump, march, dance, hop, or walk
Climb up stairs		
Swinging (slow, rhythmic)		
		Climb slide/playground equipment
		Bounce on therapy ball with feet on ground
	Ride bike, scooter, or trike	Ride bike, scooter, or trike
	Spinning on merry-go-round or spin toy	
Chewy food		
	Crunchy, sour, and spicy food	
Blow bubbles		
	Blow whistle/kazoo	
	Scented lip balm	
		Drink thick liquid through straw
Chewelry		Chewelry
Move furniture, carry groceries or laundry basket, take out trash, mop/sweep, shovel/rake, push vacuum or grocery cart		Move furniture, carry groceries or laundry basket, take out trash, mop/sweep, shovel/rake, push vacuum or grocery cart
	Roll on therapy ball	Roll on therapy ball
Yoga poses		Yoga poses
Listen to slow, calm music	Listen to fast, loud, upbeat music. Making own music-banging pots/pans	Listen to classical music
Noise-cancelling headphones		Noise-cancelling headphones
Sunglasses/hat if bothered by light. Dim lights	Bright lights	Move away from visual clutter if distracted
White noise machine		
Look at calming items such as sensory bottle, favorite books		