Sensory Diet for OT students
Activities for Home

- **Movement, movement, movement!!**
  - Give a tight hug
  - Walk like a bear (or gorilla, monkey, snake, bunny, etc.)
  - “Simon Says”
  - Bouncing on the bed or a small trampoline
  - Crashing into a pile of pillows and blankets
  - Go to the playground. Encourage students to use the monkey bars and the swings especially.
  - Wheelbarrow walk (hold their feet up and have them walk on their hands)
  - Dance to music
  - Jump up and down (Jump rope, try and touch the ceiling, or jumping jacks)

- **Help with chores around the house**
  - Carry groceries
  - Help wash dishes (and play in the soapy water)
  - Carrying extra books in backpack
  - Sweep the floor
  - Wash the windows or a mirror (good work for the shoulders and arms)
  - Carry laundry

- **Possible Classroom Modifications/Accommodations**
  - Have students do table work on the rug while laying on their belly (hard work for the arms and shoulders)
  - Use “sit-n’-wiggle” or deflated beach ball on the chair or rug for movement while seated
  - Make fidget toys available for them to hold and smoosh in their hands while listening or sitting
  - “Sensory Corner” with big pillows and bean bags for student’s to crash into or to use when they needs a break
  - Have the students write on a vertical surface or slanted surface (tape their work to a three ring binder or to the wall to encourage shoulder strengthening and a more functional grasp)

- **Multisensory Learning**
  - Write in the dirt with finger
  - Write with shaving cream
  - Form letters in play-doh or clay using a golf tee
  - Put sand paper under paper for a bumpy, more interesting surface

- **Other**
  - Noise canceling headphones
  - Gel inserts for shoes
  - Drink smoothies through a straw (lots of work for the mouth).
  - Put an extra heavy book in their backpack
  - Weighted blanket (look at pinterest for DIY ones)