

Sensory Diet Activities

Calming Activities

- Sit in a bean bag chair for a while and take some slow deep breaths.
- Rock slowly and gently in a rocking chair.
- Gentle bouncing on ball.
- Freedom/permission to move around.
- Quiet area to read/look at books.
- Slow rhythmic swinging or rocking (organized).
- Deep pressure activities such as mat or pillow "sandwich," massage, push down on shoulders, hand hugs (squeeze up and down arms with both hands), bear hugs, roll large ball over body (including arms and legs, but not over head/face). Weighted vest for short work periods (10-15 minutes maximum).

Alerting Activities

- Swing in linear, angular, and gentle orbital planes with sudden starts and stops (no spinning).
- Sit on a therapy ball or rocking chair for tabletop work.
- Challenging positions for activities (i.e. kneeling, side lying, on belly, or over wedge).
- Heavy work- pushing, pulling, lifting, carrying heavy objects, stacking/unstacking, pushing carts, holding doors, washing tables, sweeping floors, erasing chalk board.
- Oral input- chewies (spicy or sour, bubble gum, tubing).
- Gross motor activities- obstacle course, scooter board, playground equipment, and up and down from floor,.
- Varied tactile activities:
 - Finding objects in sand, beans, or rice.
 - Light touch from feathers, fans, different textured cloth (avoid tickle responses).
 - Finger paint, playdough, and shaving cream.

General Guidelines

- If child responds negatively to any activity, stop and report responses to OT.
- Do not force child to do activities. Provide encouragement as needed.
- Monitor all activities and maintain a safe environment.