

OUTDOOR SENSORY DIET ACTIVITIES & CHALLENGES

A square box with a white background and a thick, multi-colored border featuring a gradient from orange to yellow to green.

Explore!

A square box with a white background and a thick, multi-colored border featuring a gradient from pink to purple to blue.

Create!

A square box with a white background and a thick, multi-colored border featuring a gradient from blue to green to yellow.

Play!

A square box with a white background and a thick, multi-colored border featuring a gradient from green to yellow to orange.

Learn!

A square box with a white background and a thick, multi-colored border featuring a gradient from purple to blue to green.

Grow!

A square box with a white background and a thick, multi-colored border featuring a gradient from red to orange to yellow.

Develop!

OUTDOOR SENSORY PLAY CHALLENGE CARDS

**Go on a sensory walk.
Find something:**

- Bumpy
- Brown
- Flying
- Round
- Yellow
- Loud
- Quiet
- To jump on
- To climb
- To run to
- Red
- Green
- Smooth

**Find a grassy area. Now
do these tasks:**

- Touch one tree. Run and touch another
- Jump up high 10x
- Skip and sing a song
- Climb one tree or other item
- Play leap frog

**Find an area with rocks
or pebbles. Now do
these tasks:**

- Stack a rock tower
- Build a pebble house
- Collect 10 rocks
- Play "I Spy" with rocks
- Play tic-tac-toe with pebbles

**Go to a playground. Do
these tasks:**

- Climb up the slide
- Push a friend on the swings
- Do a timed race on the equipment
- Pretend the playground is an island or ship

**Go outside for some
messy play! Do these
tasks:**

- Make "Sensory Soup"
- Make art with flower petals, grass clippings, sticks, & leaves
- Create a Mud Kitchen
- Play with wet chalk

**Go outside and get
ready to move! Do these
tasks:**

- Roll down a hill
- Blow bubbles
- Make an obstacle course
- Do tumbles or cartwheels
- Do animal walks

OUTDOOR SENSORY DIET ACTIVITIES

**Simon Says
games**

**Slide
down a
hill on
cardboard**

**Grass
sensory
bin**

Tag

**Magnifying
glass to
inspect
nature**

**Mud
kitchen**

**Hide and
seek
games**

**Animal
walks with
bare feet**

**Roll down
hills**

**Water
Table with
nature**

**Create
nature
"soup"**

**Pick
flowers**

**Cartwheel
or
tumbling**

**Bean bag
games**

**Relay
races**

OUTDOOR SENSORY DIET ACTIVITIES

**Play hide
and seek**

**Bell
parade**

**Kazoo
sound
hunt**

**Throw a
book
picnic**

**Listen for
birds or
animals**

**Record
backyard
sounds**

**Play
kickball**

**Play
Marco Polo
in the yard**

**Listening
scavenger
hunt**

Jump rope

**Listening
Tag**

**Auditory
hide
and seek**

**Blow
bubbles**

**Water
play**

**Noisy toy
positioning
game**

OUTDOOR SENSORY DIET ACTIVITIES

**Tennis
racket- hit
bubbles or
leaves**

**Climb
trees**

**Watch and
draw
clouds**

**Mini
trampoline**

**Catch
fireflies**

**Watch
birds**

**Play
leapfrog**

**Create a
spatial
concepts
map**

**Turn on
music and
dance**

Hopscotch

**Swing side
to side
on a
swing set**

**Spin in
circles**

**Backyard
dance
party**

**Swing on a
hammock**

**Hang
upside
down from
a swing**

OUTDOOR SENSORY DIET ACTIVITIES

**Play with
shaving
cream**

**Catch
butterflies
in a net**

**Pop bubbles
with
toe, foot,
head,
or finger**

Scooter

**Play with
play dough**

**Play with
goop**

Bike

**Jump
rope**

**Hoola
hoops**

**Sidewalk
chalk**

**Hit a
beach ball
with a bat**

**Bounce
balls**

**Water
hose**

**Tarp or
slip and
slide**

**Baby
swimming
pool**

OUTDOOR SENSORY DIET ACTIVITIES

**Climb on
stumps**

**Cardboard
play**

Skateboard

**Nature
walk**

**Shovel
dirt**

**Throw balls
at target
or net**

**Collect
nature**

**Push
a wheel-
barrow**

**Buckets
and
water play**

**Balance
beam on
logs**

**Climbing
structure**

Swingset

**Roll down
hills**

Hike

**Play in
woods**

OUTDOOR SENSORY DIET ACTIVITIES

**Climb
slides**

**Leaf
hunt**

**Jump in
puddles**

**Calming
foods
picnic**

**Collect
sticks**

**Move and
carry
rocks**

**Alerting
foods
picnic**

**Build with
rocks,
stumps,
sticks, etc.**

**Buckets
and
water play**

**Play in
mud**

**Draw with
wet chalk**

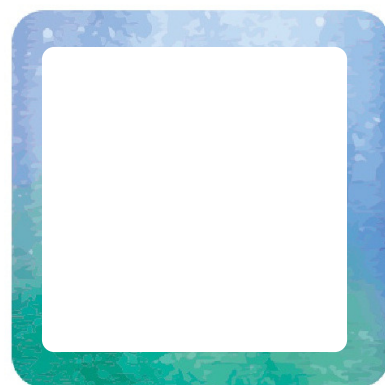
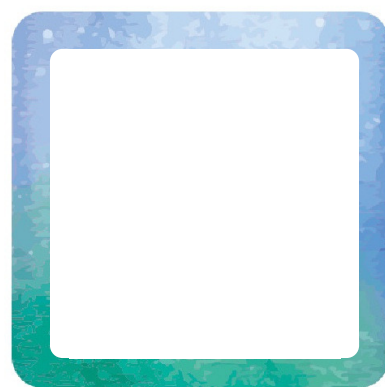
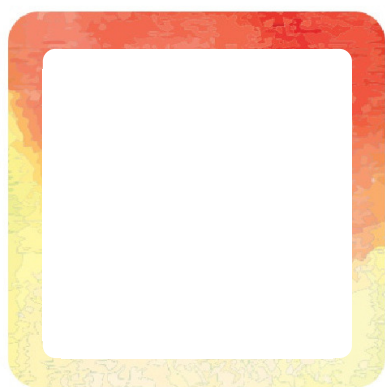
**Bounce a
ball
against a
wall**

**Kick a ball
and catch**

**Freeze
Dance**

**Look for
items every
color of the
rainbow**

OUTDOOR SENSORY DIET ACTIVITIES



OUTDOOR RECESS SENSORY DIET ACTIVITIES

**Swing
forward**

**Swing
side-to-side**

**Swing in
circles
using feet**

**Swing and
push off
swing set
with feet**

**Spin on
swing**

**Prone
swing**

**Prone
swing-
throw
bean bag in
target**

**Prone
swing-spin**

**Prone
swing- pull
therapy
band**

**Stand on
swing**

**Straddle
swing**

**Hang
upside
down from
swing**

**Walk
swing to
swing**

**Swing and
throw at a
target**

**Push
another
child on
the swing**

OUTDOOR RECESS SENSORY DIET ACTIVITIES

Slide

**Head
first slide**

**Back
first slide**

**Climb up
slide on
hands and
feet**

**Climb up
slide using
rope
(mountain
climb)**

**Roll ball up
slide and
catch**

**Roll ball
down slide
and
retrieve**

**Prone on
slide to
draw or
crayon
rubblings**

**Roll
marbles
through
paint over
paper**

**Stand on
slide and
throw ball
at target**

**Spray
water
bottle on
slide**

**Climb up
side of
slide**

**Twist
slide**

**Run up
the slide**

**Slide and
stop**

OUTDOOR RECESS SENSORY DIET ACTIVITIES

Tunnels

**Rocking
equipment**

**Balance
beam**

**Spinning
equipment**

Steps

Ramps

**Vertical
ladder**

**Monkey
bars**

**Sound
equipment**

**Vertical
climb**

**Open
bottom
balance**

Bench

**Overhead
hang**

**See-saw
(weight
shifting
equipment)**

**Crawl
under
structures**

OUTDOOR RECESS SENSORY DIET ACTIVITIES

**Ball
bounce**

**Catch and
throw balls**

**Jump
rope**

**Hoola
hoop**

**Target
games**

**Running
games**

**Kicking
games**

**Throwing
games**

**Jump on
target**

Skip

Gallop

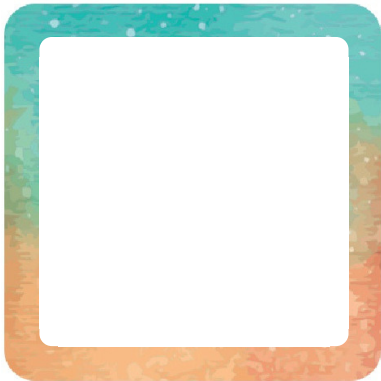
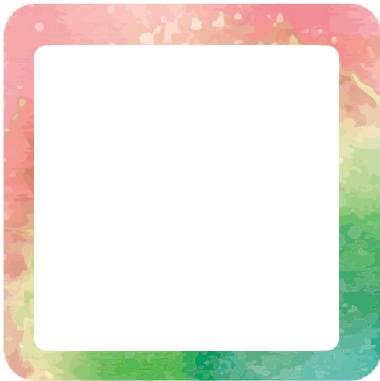
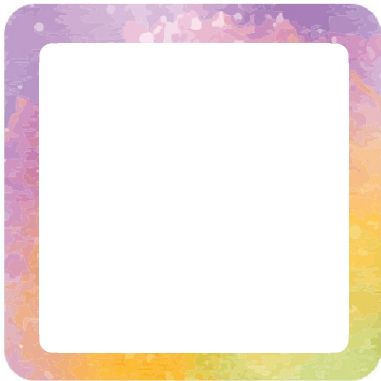
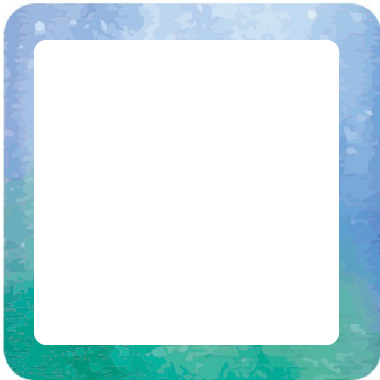
**Scooter
board**

**Scavenger
hunt**

March

**Jumping
jacks**

OUTDOOR RECESS SENSORY DIET ACTIVITIES



INDOOR RECESS SENSORY DIET ACTIVITIES

**Wall
push-ups**

**Hallway
hopscotch**

**Dance
party**

**Play
dough**

**Beanbag
toss**

**Animal
walk in
hall**

**Freeze
dance**

**Yoga on
YouTube**

**Hallway
hoola hoop**

**Skip in
hall**

**Shaving
cream
paint
(small
group)**

**Aerobic
exercise
video on
YouTube**

**Build with
plastic
cups**

Charades

**Jumping
jacks**

INDOOR RECESS SENSORY DIET ACTIVITIES

