



Here are some ideas to get some sensory input into your child's day!

- Use shaving cream on mirror or counter/table, or on a baking sheet for easier clean up! Have your child use their finger to draw shapes, letters, numbers and pictures. You can even use food coloring to make it more fun, but definitely use a pan then, as food coloring can stain.
- Have rice/pasta/bean bins with objects hidden in them.
- Playing with playdough. You can use cookie cutters, plastic knives to make shapes, etc.
- Make fort out of couch cushions or pillows.
- Pillow fights
- Wrap child up in comforter or blanket as a "taco"
- Yoga poses
- Animal walks, such as crab, frog, inchworm, bear
- Set up obstacle courses with things to crawl through, under and over (couch cushions, chairs, old boxes)
- Playing on swing sets and sandbox if available
- Marching with follow the leader
- Jump rope
- "Snow angels" on the floor
- Use rocking chair
- Lying on stomach while putting stuffed animals/objects into a pail or container
- Throwing a ball at targets.

Sometimes, when children need to concentrate to do their school work, oral input through the mouth can be helpful to improve focus:

- Crunchy, chewy or spicy snacks
- Using a straw, especially thicker liquids
- Blowing pieces of paper with a straw, like a race or through a maze
- Bubbles.

For older kids, you can try the following:

- Chores such as carrying laundry baskets, vacuuming, sweeping floors

- Long walks with weighted backpack around the neighborhood...make sure to practice social distancing!
- Playing catch with basketball or soccer ball
- Wall squats
- Wheelbarrow walks
- Chair push-ups
- Planks
- Push-ups
- Sit-ups
- Riding bike

These are just some ideas to get your child some much needed sensory input during this time. There is no right or wrong way to do these, just let your child be the guide! And most importantly, Have Fun!

