

QUICK & SIMPLE SENSORY ACTIVITIES

PROPRIOCEPTIVE SENSORY ACTIVITIES

- PLAYING ON PLAYGROUND
 - CLIMB UP THE SLIDE
 - JUMP OFF THE SWINGS
 - PUSH SIBLINGS ON THE SWING
 - HANG FROM THE MONKEY BARS
- ANIMAL WALK RACES
 - BEAR WALK
 - CRAB WALK
 - WORM CRAWL
 - WHEELBARROW WALKS
- CARDBOARD BOX RACE
 - ONE CHILD IN A BOX AND ANOTHER PULLS OR PUSHES THEM DOWN THE HALL



VESTIBULAR SENSORY ACTIVITIES

- MOVEMENT MADNESS
 - 10 JUMPING JACKS
 - 10 ARM SPINS
 - 10 CARTWHEELS
 - 10 SUMMERSAULTS
- 10 SECOND FREEZE DANCE
 - STOP THE MUSIC AT 10 SECOND INTERVALS
- 10 BOUNCES ON AN EXERCISE BALL
- ROCK AND SWING IN A HAMMOCK
- 10 SECONDS OF SPINNING



AUDITORY SENSORY ACTIVITIES

- PLAY GUESS THAT ANIMAL
 - USE 10 DIFFERENT ANIMAL SOUNDS
- 10 SHAKES OF A MARACA
- 10 SECONDS OF SILENCE
- GUESS THAT SONG IN 10 SECONDS
- DESCRIBING SOUND GAME
 - NEAR OR FAR
 - SOFT OR LOUD
 - HIGH OR LOW

