

## Sensory Activities To Do At Home

### Visual

1. Pop bubbles
  - a. If you don't have bubbles readily at home follow this link for instructions on homemade bubbles:  
<https://artfulparent.com/how-to-make-homemade-bubbles/>
  - b. Here is a list of simple bubble wands if you don't have any:  
<https://www.kidspot.com.au/things-to-do/activity-articles/make-your-own-bubble-wands/news-story/ed453ed74c9899588dacfd0a036574a4>
2. Homemade Lava Lamp
  - a. Watch this video for the tutorial:  
<https://www.youtube.com/watch?v=ugzsjlBMmKI>
  - b. After you're done, try it with your child in a dark with a flashlight!

### Tactile

1. Be mindful of your child's mouthing behaviors when engaging in any of the following activities as some materials are choking hazards or are toxic if swallowed.
2. You will need to provide hand-over-hand assistance for all activities below. Hand-over-hand assistance is described as placing your hand over your child's hand in order to complete the intended movement/activity.
3. Sensory Bins
  - a. Follow this link for 40+ sensory bin ideas:  
<https://yourkidstable.com/ultimate-list-of-sensory-bin-ideas/>
4. Finger Paint



- a. You will need:
    - i.  $\frac{1}{2}$  cup of liquid soap (clear or white)
    - ii. 1 teaspoon of cornstarch
    - iii. Food coloring (optional)
    - iv. Small bowl
  - b. Directions:
    - i. Combine soap and cornstarch in small bowl.
    - ii. To make several colors you can divide the mixture into small containers
    - iii. Add food coloring one drop at a time
  - c. Tips:
    - i. With hand over hand assistance, you can free paint different shapes OR find a printout online to paint in
    - ii. You can also use a paintbrush if you have one at home
5. Oatmeal Clay



- a. You will need:
  - i. 1 cup of rolled oats (instant or old fashioned)
  - ii.  $\frac{2}{3}$  cup of all-purpose flour
  - iii.  $\frac{1}{2}$  cup of water

- iv. Food coloring may be added to the water if colored clay is desired
- v. Large bowl
- b. Directions:
  - i. Combine all the ingredients into a large bowl. Stir until a lump is formed. You may need to add more flour if necessary.
  - ii. Knead the dough on a floured surface. Continue to knead until the dough is no longer sticky
- c. Tips:
  - i. The clay can be used to make 3-D objects
  - ii. The clay will require up to 24 hours to air dry
  - iii. Store left over clay in the refrigerator in a sealed plastic container or bag (will only last up to 3 hours).

## 6. Goo



- a. You will need:
  - i. 2 cups of corn starch
  - ii. 4 cup water
  - iii. Food coloring (optional)
  - iv. 1 large pan (about 10x12 with elevated sides)
- b. Directions:
  - i. Pour corn starch into the pan
  - ii. Slowly add the water
  - iii. Squeeze and knead the mixture as water is very slowly added.
- c. Tips:
  - i. It crumbles when you try to pick it up, but once in your hand it will “melt”

- ii. This activity is very messy, have protection for clothing and play area.

## 7. Puffy Paint



- a. You will need:
  - i. 1 cup of white shaving cream
  - ii. ½ cup white liquid glue
  - iii. Small bowl
  - iv. Food coloring (optional)
  - v. Paper to be painted
- b. Directions:
  - i. Mix the shaving cream and glue together in a bowl
  - ii. If mixture appears too thin, add more glue to make it stiffer
  - iii. Once painted projects will require several hours to dry
- c. Tips:
  - i. You can finger paint or use a paintbrush
  - ii. Once dry the paint will have an elevated or “puffy” appearance

### **Auditory**

1. Play with musical instruments if you have them at home (i.e. xylophone, drums)
2. Listening for sounds. Help your child listen to environmental sounds around them. Sounds like cars, airplanes, animals, outside sounds, sounds in the next room etc., can be attended to and identified. You can describe to them what the sounds are and where they come from.

### **Olfactory**

1. Scented Water Sensory Bin
  - a. Materials: water, bin/container, scented shampoo/soap
  - b. Set-up: fill your bin/container with warm water and add the shampoo/soap
  - c. Let your child explore the water! (this is also a fun tactile activity)
2. Lemon Scented Rice Bin
  - a. I found this resource for scented rice that can also be a fun tactile activity in addition to an olfactory experience
  - b. Follow this link: <https://littlebinsforlittlehands.com/summer-lemon-scented-rice-sensory-bin-olfactory-sensory-processing/>
  - c. You can also make other scented rice with different essential oils if you have that at home.
3. Scented Ice
  - a. For this activity, you will have to mix all the ingredients with the ice for your child. You can then bring it close to your child's nose so they can smell the scent. While you do this, you can explain to your child what each scent is and maybe how you would use it in the kitchen.
  - b. Follow this link for the activity: <https://lemonlimeadventures.com/simple-sensory-play-scented-ice-lab-olfactory/>

## **Proprioception**

1. Deep pressure massage with/without lotion to arms
  - a. Gently "squeeze" the arm starting from the shoulder and make your way down to the hands. Repeat 3-5 times or as needed.
  - b. This could be a good prep activity to get your child more focused on the next activity you would like to do.
2. Weighted lap pad while sitting
  - a. Weighted lap pads can be very calming for kids who are seeking additional deep pressure
  - b. Follow this link for a Simple DIY for no sew weight lap pad (mermaid pillowcase is optional as you can use any pillowcase you have at home): <https://lemonlimeadventures.com/simple-calming-weighted-lap-pad-cant-sit-still/>