

100 Sensory Activities for Home or School

Bear Walks	Clap Out Patterns		Sensory Ball Games	S	Bicycle Kicks
Crab Walks	Near or Far Sounds		Texture Guessing		Tummy Time
Worm Crawls	Soft or Loud		Sandpaper letters		Crawling
Frog Jumps	High or Low		Hand Fidgets		Obstacle Course
Kangaroo Jumps	Rhyming Words		Slimes		Push ups
Wall Push-ups	Sorting Shapes		Rice Sensory Bins		Simon Says
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Desk Push-ups	Light Bright		Flour Play		Hokey Pokey
Hand Squeezes	Light Bricks		Shaving Cream		Ball Toss
Planks	Shadow Puppets		Playdough		Body Measure
Box Races	Puzzles		Sensory Doughs		Hide & Seek
Spins	Hidden Pictures		Q-tip Painting		Relay Races
Jumping Jacks	I-Spy Bottles		Cotton Ball Games		Body Shapes
Summersaults	Memory Games		Tweezer Play		Bean Bags
Arm Spins	Mazes		String Beads		Squoosh Box
Freeze Dance	Look and Finds		Hole Punch		
Freeze Dance	LOOK and I mas		Tible Fulleri		Head, Shoulders Knees & Toes
Upside Down Toss	Blow Bubbles		Tracing		Deep Breathes
Bouncing	Bubble Gum Contes	t	Dropper Art		Square Breathes
Hopscotch	Straw races		Toothpicks in Clay		Monster Faces
Swinging	Blow Painting		Clothespin Games		Squeeze Balls
Cartwheels	Blow Cotton Balls		Write in Sand Trays	S (Count Backwards
Animal Sounds	Feather Blowing		Sit-ups		Calm Down Jar
Calming Music	Whistling		Squats		Pinwheels
Maraca Shakes	Milkshakes		Crunches		Blow Balloons
Quiet Time	Crunchy Snacks		Superman		Scent Guess
Guess that Song	Play the Recorder		Standing One Leg		Flower Guess

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