

# When in doubt, use HEAVY WORK!

## Sensory Break Activities

- Steamroller
- wall push ups
- theraband exercises
- weighted items
  - vests
  - ankle weights
  - hat
  - lap pad
  - crate
  - backpack
- sit in beanbag
- pressure vest/bear hug
- body sock
- dots and squeezies
- burrito
- roll therapy ball over student
- tryke
- massage
- crawl under beanbags
- jump on trampoline
- push teacher in rolling chair
- scooterboard
- pull someone in wagon
- Fidgets
  - squeeze ball
  - Tridget fidget
  - Theraputty
  - stress relief ball
- hippity hop ball
- Yoga
- sensory table (rice especially)
- heavy work bands
- bubble wrap popping

## Sensory Classroom Modifications

- move and sit/disco sit
- sit on ball
- elevated writing surface
- writing activities
  - chalk on chalkboard
  - crayons on sandpaper/cross stitch board
  - pencil in playdoh
  - rice
  - stamps
  - grease pencil on plexiglass
  - slanted/vertical surface
- put materials under seat
- Resistive tools/toys
  - spray bottle
  - clothespins
  - stapler
  - hole punch
  - bingo dotters
  - unifex cubes
  - legos
- theraband on chair
- use bottle/glitter glue
- use move and sit as foot rest
- carry chair from desk to work area

## Sensory Jobs

- collect library books
- collect milk
- take down chairs
- vacuuming
- carry laundry basket
- washing windows
- staple papers
- hole punch papers
- transfer wet laundry to dryer
- wash table

## Sensory Recess Activities

- Outdoor
  - sidewalk chalk
  - blow bubbles
  - rock climb on playground
  - monkey bars/climbing activities on playground
- Indoor
  - playdoh (presses, molds, rolling pin)
  - Twister
  - sensory table

## Sensory PE Activities

- crab walk
- scooterboard relays
- wheelbarrow walk
- push ups
- weighted ball toss
- army crawl
- parachute

## Sensory Snacks

- Chewy
  - dried fruit
  - gummi bears/worms
  - licorice
  - beef jerky
  - bagels
  - cheese
  - granola bars
  - gum
  - raisins
  - taffy
  - soft pretzels
  - popcorn
- Resistive Sucking
  - drink with crazy straw
  - sports bottle with long straw
  - lollipops
  - popsicles
  - drink milkshake with straw
  - hard candies
  - peanut butter
  - koolaid bottles
  - suck applesauce/yogurt through straw
  - Gogurt
  - freeze pop