

## SOME INGREDIENTS FOR A HANDS-ON, BODY-ON SENSORY DIET

TACTILE	VESTIBULAR	PROPRIOCEPTIVE	VISUAL
<p>Making Mudpies            Drawing with wet or dry chalk            Painting sidewalks and fences with water            Handling/pedaling tricycles            Walking barefoot            Puttering in the garden            Playing in the sink/bathtub            Building with blocks            Manipulating small objects:                Legos, dominoes, jigsaw puzzles, lacing beads            Using classroom tools: crayons, scissors, brushes            Examining natural objects:                pinecones, feathers, sticks            Rolling on pillows/cushions            Curling up in hideaways            Petting and feeding animals            Finger painting with paints                shaving cream, pudding            Gluing art projects            Manipulating playdough            Washing and drying hands            Stirring cookie dough            Eating snacks with different textures            Playing musical instruments            Dressing up            Hugs and gentle roughhousing</p>	<p>Spinning like a top            Riding on a merry go round            Swinging in circles on a tire swing            Swinging forward and back in a rocking chair or swing            Swinging side to side in a hammock            Riding up and down, walking, and balancing on a seesaw            Balancing on a teeter-totter            Balancing on a balance beam, railroad tie, curb or low wall            Jumping on a trampoline or mattress            Jumping from a step or from playground equipment            Climbing on a jungle gym            Sliding down a slide            Ascending and descending stairs and ramps            Rolling and sledding down hills            Somersaulting            Running in circles            Walking on uneven surfaces, such as grass or sand or a rope ladder or bridge            Doing flip turns at the end of the swimming pool</p>	<p>Pushing and pulling wagons            Moving through an obstacle course, tunnels or cartons            Playing bumpety-bump on the tire swing            Hanging from the monkey bars            Stretching up to the sky, like growing flowers            Playing horsey            Wheelbarrow walking            Pouring beans, sand , or water from one container to another            Ripping paper            Hammering nails into logs            Pressing pegs into pegboards            Getting in and out of seatbelts, jackets and boots, shoes and socks            Opening doors without help            Tumbling on the ground            Having a pillow fight            High pressure washing the car            Walking in shoeboxes            Walking with a bag of rice or bean bag balancing on the head            Holding up the wall            Playing catch with a ball            Throwing snowballs at trees            Kneading dough or meatloaf            Pushing palms together            Heavy work</p>	<p>Playing flashlight tag            Playing balloon volleyball            Dancing with scarves            Tossing beanbags            Tracing letters/numbers on person's back and having one's own back traced upon            Taking photos with a camera            Blowing bubbles            Blowing whistles            Sucking through straws            Making snow angels            Drawing chalkboard circles using both hands            Playing board games</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <h3 style="margin: 0;">AUDITORY</h3> </div> <p>Dancing/moving to music            Drawing to music            Beating rhythm instruments            Moving body parts up and down to the sound of a slide whistle            Making up rhymes            Singing "drop in" songs ("Old Macdonald had a ___")            Humming and playing a kazoo            Jumping rope and chanting            Having a "vowel movement" (eeeeeee,ooooooo)            Playing non-competitive musical chairs</p>

\* Please note these are general guidelines, for more detailed suggestions directed toward your child contact a trained professional