

Proprioceptive Sensory Learning Activities

Balance walk along masking tape on floor:

- Straight
- Zig Zags

Tight hugs administered by a trusted adult.

Sensory Circuit Activities:

- Wall pushes
- Burpees
- Push ups
- Hand Squeezes
- Superhero poses
- Animal Walk – Based on our sensory trail
- Bear stretch
- Owl Swoop

Follow the light/Follow the sound – The child's whole head/body follows the movement of a torch

Vestibular Sensory Learning Activities

Imitate head positions

Sway in time with chill out music

Back and forth rowing

Spinning (10 seconds in each direction)

Skipping

[Activate](#)

Jumping Jacks

Arm Spins

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Musical statues

Hopscotch

Scooter rides

Cone spinner

Trampette

Auditory Sensory Learning Activities

Guess the sounds:

- Animals – Great [animal sound video](#) here.
- Vehicles – Great [vehicle sound video](#) here.
- Instruments – Pretty [tricky instrument video](#) here

(you can link this to a “What’s in the bag” game)

Make a rain tube

Bottle blowing

Guess the song intro – Use favourite cartoon theme tunes. A [CBeebies video playlist](#) here.

Follow a drum beat – use biscuit tin or saucepan with wooden spoon

Follow a clap pattern

Discrimination Sound Game make a sound and see if the child can work out if it is:

- Near or Far
- Soft or Loud
- High or Low

Visual Sensory Learning Activities

Drop & watch bouncy balls

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Colour mixing

Washing up [liquid and food colouring](#) experiment

Torch/Light Activities:

- Shadow Puppet Play
- Make numbers with your fingers
- Guess animals from silhouette
- Tray and guess shapes from silhouette
- Guess book characters from silhouette (Gruffalo etc)
- Put into tupperware and retrieve/Watch
- Create a light table.

[Sensory bottles](#)

Sort boxes shape/size

Pile and knock down boxes/tower building

Pull colourful fabric slowly from a bag

<video width="1280" height="720" autoplay controls
src="https://inclusiveteach.com/wp-
content/uploads/2020/03/export_720_30_28_41.mov"></video>

Oral Sensory Learning Activities

Blowing:

- Bubbles
- Boats with straws
- Cotton Balls
- Maltesers
- Paint
- Feathers
- [Ball Maze](#)
- Whistles
- Sequins

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- Glitter
- Confetti

Food Fun:

- Crunchy/Chewy Items – Alternate
- Smooth, rough foods (smooth and crunchy peanut butter)
- Milkshakes
- Frozen Fruits
- Drink through a straw
- Cut vegetables into strips
- Smoothies – blend and taste
- Ask questions like, "Which food here tastes salty? Which ones are sweet?"
- Colour cubes (cut food into cubes and sort by colour i.e cucumbers, apples.)
- Mashing foods, ripe pears, potatoes, grapes

Tactile Sensory Learning Activities

This can include essential [hygiene routines such as hand washing](#) etc.

Sensory Ball Games:

- Squeeze
- Throw/roll into bucket
- Different textured balls – Wrap in paper, cling film, tin foil
- Roll from head to toe and back
- Bounce
- Roll in playdough to make patterns
- Splat into paint and roll/throw onto paper

Touch and Texture Sensory Learning Ideas

Put objects in a box and feel/guess

Sandpaper shape cut outs

Tearing paper (either to glue onto something, or just to tear up)

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Crumpling newspaper

Sponges- Get out bowls and a sponge to transfer water from one bowl to the other.

Play-dough

Bubble wrap popping

Tin foil sculpting or squishing

[Salt painting](#)

Shaving foam art

Sand art – glue and sand and glitter

Fizzy water play (bath bombs)

Water play – using bottles, sprays and tubes.

Stress balls

Goop/slime manipulation

Earth, sand and water trays – Classic "[We're going on a bear hunt](#)" sensory activity

Hay play – hide items in hay or straw (allergies allowing)

Fine Motor Sensory Learning Activities

AAC games – Especially [Shark Bite!](#)

Use rubber gloves to make dots

Cotton buds to make dots

Use stick to trace letters/mark making

Cutting with scissors paper, straws

Ten Tweezer games

- Move items into different pots
- Pick items out of slime
- Pick items out of water
- Put items into a pattern
- Feed the dog
- Feed [toy spiders to a frog](#)
- Put [beads into a bottle](#)
- Bean [number matching game](#)
- Coloured [pom-pom drop](#)

Ice Excavations (freeze objects in ice)

Retrieve items from shaving foam

Hole punch coloured paper then use to blow/for art

Trace numbers in sand

Use a pipette to drop liquid watercolours/food colouring onto toilet paper

Clothespin Number Match

Use clothes pegs and sort by colour to a "line" of wool

Core Strength Activities

Circuit Training

- Sit ups
- squats
- crunches
- Bicycle kicks
- Plank
- Stand on one leg
- Hop, skip, jump

[Cosmic yoga](#)

Body Awareness Sensory Activities

Sensory Ball throw/roll

Which hand is hiding the object?

Obstacle Course

Head, Shoulders, Knees and Toes

Self-Regulation Sensory Ideas For Anxious Children

Breathing activities for anxiety. Find other [self-regulation home learning](#) ideas here.

- Blow out the candle
- Blow the windmill
- Smelling a flower
- Open a window
- What can you smell game
- Blow up a balloon

Make faces in the mirror

- Monkey
- Monster
- Martian
- Tense all face muscles
- Relax all face muscles

Count backwards

Count to 5 with a deep breath

Put beans/dried peas/rice in a balloon

Fiddle toys

Follow simple [lego instructions](#)

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Make a Calm Down Jar

Create a Daisy chain or flower Bouquet

Blow up balloons

Guess the smell:

- Spices (mix with water to avoid sneezing)
- Fruit
- Vegetables

Scavenger Hunts

A [sensory garden](#) is great for embedding sensory learning ideas. The suggestions below should be find able in any garden.

Garden:

- Snails
- Grass
- Leaves
- Long Stick
- Short Stick
- Thick Stick
- Thin Stick
- Shiny Stone
- A flower

Kitchen:

- Big Spoon
- Little spoon
- Fork
- A frying pan
- A saucepan

We would love to hear your suggestions for simple free sensory learning ideas and activities that you have used. If you have a site that has a

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demo or resources linked to these ideas let me know and I will add a link to it.