

Sensory Calming Activities

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| Do stretches | Cuddle a pet |
| Listen to music | Stringing beads |
| Do some yoga | Go to a quiet sensory space |
| Kaleidoscopes | Count slowly forward and backwards |
| Go for a walk | Close your eyes |
| Ask for a hug | Meditate |
| Hum or sing a song | Blow on a feather |
| Use a weighted blanket | Focus on what you see, smell, hear, taste and touch |
| Use stretchy resistance bands | Rip up tissue paper |
| Play an instrument and make music | Make silly faces in the mirror |
| Use a yoga ball | Blow pom poms around using a straw |
| Listen to an audiobook | Push against a wall |
| Draw on a chalkboard and clean it | Use each hand drawing figure 8's |
| Do a maze or dot to dot puzzle | Squeeze a stress ball |
| Read a book | Pop bubble wrap |
| Tossing/catching weighted ball | Look at pictures in an album or magazine |
| Do some deep breathing exercises | Blow on a pinwheel |
| Deep pressure massage | Play with play-doh |
| Write in a journal | Blow bubbles in a cup of water |
| Colour a picture in a colouring book | Listen to nature sounds |
| Draw a picture | Play I spy |
| Take a bath | Trace your hands with your finger |
| Bounce a ball | Slowly roll small ball over skin |
| Blow Bubbles | |