

## Calming and Organizing Sensory Activities

- Carry heavy loads = Have your child carry things like gallon bottles, laundry baskets, or containers of toys. You turn these activities into races, or have him help during "clean up" time.
- Pushing and Pulling = Have your child push things like the vacuum, stroller, or any other large toy that is appropriate. Have the children get wrapped up in a bed sheet and they can take turns pulling each other across the carpet. This can also be done with a laundry basket.
- Hanging = at the playground, encourage your child to play on the monkey bars. When he hangs, he is sending sensory information to his brain. If he shifts weight, he is also developing upper extremity strength.
- Turtle = Have your child pretend he is a turtle and put a bag of rice, bag of beans, or any other heavy bag on his back. Have him crawl around the room and try to keep his "shell" on.
- **BIG** hugs
- Joint compressions (get instructions from a therapist before trying)
- Playing catch with a heavy ball
- Tug of War
- Jumping activities
- Crashing games. Put couch cushions, pillows, or bean bags on the floor and have your child "crash" into them.
- Eating chewy foods like licorice, beef jerky, bagels, starburst candy, etc.