

# Sensory and Movement Activities

BEHAVIOR (What you see)	ACTIVITIES TO TRY
<b>Tactile (touch)</b>	
<ul style="list-style-type: none"> <li>-too high/low threshold for pain</li> <li>-over/under-reacts to physical pain</li> <li>-sensitive to pressure, vibrations, temperature, touch (avoid or seek too often)</li> <li>-avoids (or craves) messy activities</li> <li>-chewing on shirt, objects, inedible objects</li> </ul>	<ul style="list-style-type: none"> <li>-sensory table, squirt bottles, feely box/bag, play-doh, fingerpaint, shaving cream, color on textures, tracing, crafts</li> <li>-roll like a pencil</li> <li>-army crawl</li> <li>-crawl on all fours</li> <li>-fidget toys (ex: pop its, spinners, stress ball, etc)</li> <li>-straws (suck liquid or thin foods, blow objects)</li> <li>-blow bubbles</li> <li>-foods (crunchy, chewy, sour, sweet)</li> </ul>
<b>Vestibular (movement, motion, and balance)</b>	
<ul style="list-style-type: none"> <li>-rocking, spinning, bouncing (too little)</li> <li>-avoid movement, fear of playground equipment, frequent motion sickness</li> <li>-spinning out of control</li> </ul>	<ul style="list-style-type: none"> <li>-rolling, spinning, swinging, rocking</li> <li>-movements that go up/down, side/side, round/round, back/forward</li> <li>-roll like a pencil</li> <li>-spin like a helicopter</li> <li>-walk on a balance beam (or line on floor)</li> <li>-stand on one leg</li> <li>-hopscotch</li> <li>-jump (on floor, trampoline, cushion, etc)</li> </ul>
<b>Proprioceptive (inner sense of movement &amp; position; body in space; receive/interpreting input)</b>	
<ul style="list-style-type: none"> <li>-difficulty moving/coordinating their body</li> <li>-unable to imitate movements</li> <li>-hard to sit up/falls out of chair often</li> <li>-limp, fatigues easily</li> <li>-kicking, crashing, pushing</li> <li>-pushes/pulls too hard or too soft (ex: slam door unintentionally)</li> <li>-hugging too tight</li> <li>-pushing too hard on markers, breaks crayons, rips book pages</li> <li>-coloring too lightly</li> <li>-moving, tapping, twisting</li> <li>-leg wrapping, chair tipping</li> </ul>	<ul style="list-style-type: none"> <li>-“heavy work” – pushing, pulling, lifting, carrying</li> <li>-squishing or squeezing play-doh</li> <li>-jumping, hopping, skipping</li> <li>-climbing, swinging by arms from a bar</li> <li>-crunching, sucking on foods</li> <li>-wall push-ups</li> </ul>
<b>Auditory (listening, hearing)</b>	
<ul style="list-style-type: none"> <li>-say “huh” or “what” often</li> <li>-bothered by loud noises, noisy environments</li> <li>-easily distracted</li> <li>-hard to follow verbal directions</li> <li>-speech/language difficulties</li> <li>-not discriminating sounds</li> <li>-difficulty with rhyming, alliteration</li> <li>-not saying words correctly – ex: hanitizer</li> </ul>	<ul style="list-style-type: none"> <li>-listen and repeat words</li> <li>-rhyme while jump roping</li> <li>-rhyming &amp; alliteration songs/activities</li> <li>-nursery rhymes</li> <li>-name that sound and match sounds</li> <li>-spinning with loud, lively, fast music that has even beat (turn bass down)</li> <li>-keeping time, clapping rhythms</li> <li>-model appropriate language</li> </ul>

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Vision (seeing, tracking, teaming)	
<ul style="list-style-type: none"> <li>-eyes tear often or rubs eyes a lot</li> <li>-blinks, squints</li> <li>-one eye physically turns in or out at times</li> <li>-covers/blocks on eye</li> <li>-eyes jump around on page</li> <li>-needs extra time for work</li> <li>-complains of headaches, burning/itching eyes after work</li> <li>-difficulty with similarities/differences</li> <li>-avoids desk work</li> </ul>	<ul style="list-style-type: none"> <li>-focus on balance and vestibular (see above)</li> <li>-trace lines with fingers</li> <li>-follow/track moving objects with eyes</li> </ul>
Fine Motor	
<ul style="list-style-type: none"> <li>-is it a vision problem?</li> <li>-hand-eye coordination lacking (cutting, throwing/catching, other fine motor tasks)</li> </ul>	<ul style="list-style-type: none"> <li>-focus on vision activities (see above)</li> <li>-cross mid-line activities</li> <li>-ball play (child throws/catches)</li> <li>-art activities (drawing/painting/chalk) on a large surface/paper using whole arm movement</li> <li>-stack small blocks or dice</li> <li>-use tweezers or tongs to pick things up</li> <li>-practice using scissors to snip and cut</li> </ul>