

Sensory diet

Using household equipment

Try as many of these activities as possible throughout the day. By using household items there is no extra cost and will help your child maintain regulation.

Proprioceptive activities:

- Rolling forward and backward over gym ball
- Completing different activities whilst laying on tummy:
 - Reading, Drawing / colouring
 - Playing games
- Wall mounted games (print outs of noughts and crosses, 4 in a row) whilst standing on a cushion
- Wrapping / rolling your child in a duvet – making sure their head is out as in picture above
- Pillow squashing – encourage your child to lay on a pillow and place a pillow on top of them applying gentle or firm pressure (ask for their preference)
- Wall pushes (back pushes, feet pushes)
- Feet and hand pushes – push against each others feet and hands for firm pressure
- Feet massages, deep pressure body massage
- Wearing a heavy backpack periodically – fill with items from around the home
- Carry heaving objects such as full laundry baskets buckets of water outside
- Yoga poses – tree, warrior, butterfly, quiet and round rock
- Animal walks – crab, bear, frog, snake
- Baking and cooking activities
- Gardening tasks – watering the flowers/ plants, digging in sand or mud, sowing seeds in pots
- Family plank challenge, Wall pushes , Bear hugs
- Cleaning windows, cupboards, fences, garden furniture
- Build a den or obstacle course using bedding, pillows, blankets etc
- Electric toothbrush
- Wear a wet heavy towel over shoulders in bath



Vestibular activities:

Linear movement is calming (back and forward)

- Swinging linear on a swing
- Using a scooter or skateboard
- Riding a bike
- Being pushed in a wheelbarrow
- Jumping on a trampoline
- Place tape on the floor and make a route for your child to follow. Encourage heel to toe walking along the line

Spinning / rotation is alerting

- Spinning in circles
- Sitting on a towel / sheet and being spun
- Spinning on a swing
- Bouncing on a ball / space hopper
- Hanging upside down from the sofa



Regulating foods:

Encourage your child to be involved in cooking and baking activities where possible

- Crunchy snacks, such as crisps, carrot sticks, apple dry cereal and fruit
- Chewy snacks, such as cereal bars, fizzy sweets, dried apricots
- Drinking through a straw or sports bottle
- Smoothies and thick milkshakes
- Fizzy sweets (alerting)
- Popcorn and chocolate (comfort)

Fine motor and tactile activities:

- Playdoh, blue tac,
- Popping bubble wrap with hands
- Sand tray – kinetic or normal sand
- Explore different textures – feathers, pipe cleaners, hairbrush, makeup brush, flannel, sponge, grass, leaves etc
- Threading pasta onto string / cotton
- Paper football – flicking pieces of scrunched up paper, make a goal each end of the table and using your fingers flick the paper and try and score
- Gardening – sowing seeds, planting flowers
- Natural pictures – encourage your child to find a number of items from the garden or a walk and stick onto paper (leaves, grass, cones etc)
- Sensory trays – water, shaving foam, rice / lentils, cooked spaghetti
- Wax rubbings – using paper and crayons
- Making slime and fairy dough
- Stretchy tactile toys – fidget toys you may have around the house



Family activities

Build a family Den together using sheets, blankets, cushions and create a space for you all to enjoy.

Create a quiet / safe space within your child's bedroom or downstairs room for them to go and have some quiet time

Play a game together or read a book

Draw your favourite places and activities as a way of re-grouping

Bake a cake together or make biscuits

Family yoga/ work out times

