

Sensory-Friendly Activities List

Indoor Sensory Activities

1. **Sensory Bins:** Fill a container with rice, beans, or kinetic sand and let children explore different textures.
2. **Playdough or Slime Play:** Great for tactile input and fine motor skills.
3. **Bubble Wrap Popping:** A fun way to provide auditory and tactile stimulation.
4. **Calm-Down Bottles:** Fill a clear bottle with water, glitter, and small beads to help with self-regulation.
5. **Weighted Lap Pad or Blanket:** Provides deep pressure input for calming.
6. **Soft Music & White Noise:** Helps create a soothing environment.
7. **Stretching or Yoga for Kids:** Encourages body awareness and relaxation.
8. **Fidget Toys & Stress Balls:** Helps children focus and manage sensory needs.

Outdoor Sensory Activities

1. **Nature Walks:** Encourage children to feel different textures (leaves, bark, rocks).
2. **Water Play:** Splashing in a kiddie pool, playing with water beads, or using a spray bottle.
3. **Sand Play:** A sandbox provides great tactile stimulation.
4. **Swinging or Rocking:** Provides vestibular input to help with balance and calmness.
5. **Chalk Art:** Drawing on pavement allows creative expression with a tactile component.
6. **Obstacle Course:** Create a simple course with cushions, tunnels, or stepping stones.
7. **Jumping Activities:** Trampolines or hopscotch encourage proprioceptive input.

Low-Stimulation Outings

1. **Sensory-Friendly Movie Screenings:** Many theaters offer lower-volume, dimly lit screenings.
2. **Children's Museums with Quiet Hours:** Some museums have special sensory-friendly days.
3. **Libraries with Reading Nooks:** A quiet space with soft seating can be a great retreat.
4. **Adaptive Playgrounds:** Designed for children with different sensory needs.
5. **Swimming Pools with Warm Water:** Some pools offer therapeutic swim times.

 **For more sensory support, contact: 612-481-8316**

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