

Sensory Diet

Ideas for activities

Early Years Team

Touch

Sensory trays or buckets
sensory walking trail
fiddle toys / spinners
sensory wall
messy play
handheld massagers
koosh balls
stress balls
Squishing and squeezing
vibrating cushions/pillows
heavy work activities
barefoot walking trails
feely box

Taste

Chewing
Crunchy foods
Gum
Salty or spicy foods
Cold foods
Chewy jewellery
Chewable pencil tops
Chewable safe toys
Food tasting
Teethers and chewable toys
Drinking something cold
Blowing various whistles and noise makers
bubbles pinwheels
Sucking activities e.g. through a straw
Licking an ice lolly or frozen yoghurt

Smell

Aromatherapy
Massage
Smell lotto
Smelly pens
Smelly stickers
Scent in messy play activities ie play
dough etc
Diffusers

Vision

Bubble tube
Bubbles
Light toys
Projector
Torches
Toys that spin or bounce
Watching slow moving or soothing images
Fish tank
Lava lamp
Slow changing lights
Sunglasses
Dark sensory area
Dimmer switches

Hearing

Music
Sound recorder and repeaters toys
Cause and effect toys with sound
Sound lotto
Quiet time in sensory tent
Ear defenders / earplugs
Familiar sounds such as nursery rhymes/songs
Listening games
Using different tones of voice

Body movement/awareness

Jumping on bed, couch or trampoline
Swings/swinging child in a blanket
Running,
Skipping
Various animal walks (*walking like a crab, hopping like a kangaroo, etc.*)
Obstacle courses
Leap frog
Tug of war
Wheelbarrow walking
Row, row, row your boat with a partner
Marching and stomping songs e.g. Grand Old Duke of York
'Heavy work' activities such as rolling/pushing heavy objects or pushing and kneading playdoh
Crashing and jumping into pillows (*put all of your pillows or stuffed animals in a pile on the floor*)
Spinning (****a very intense sensory experience, best for kids to spin themselves even if they love spinning. Be very cautious of spinning a child,*)
Weighted backpack
Wrapping up tightly in blanket
Playing under a large yoga ball
Hugs
Rocking horse or similar

Balance

Climbing

Stepping stones

Wobble cushion

Stilts

Physio ball

Scooter board

Bikes

Scooters

Skateboard

Roller blades

Sleds

(any of the above over bumps or down hills)

Seesaw

Rocking horse or similar

Rolling on a large ball on back or belly