

Sensory Calming Activities

Sensory Calming Activities provide sensory input and help to meet your child's sensory processing needs. They can help your child to become calm, self regulated and less fidgety. These sensory calming activities can also reduce your child's stress and anxiety. Children with sensory processing difficulties benefit from sensory calming activities when they are feeling restless, angry or frustrated. They may also be helpful to prevent meltdowns. You can try providing a choice of activities and your child may even be able to select the activity that he or she needs in order to self-regulate.

- 1. Go for a walk**
- 2. Use fidgets like koosh balls**
- 3. Listen to calming music**
- 4. Do some yoga**
- 5. Sing ABC's**
- 6. Kaleidoscopes**
- 7. Do stretches**
- 8. Ask for a hug**
- 9. Chewy foods like licorice**
- 10. Chew on a sensory chew toy**
- 11. Hum or sing a song**
- 12. Use a weighted snake or weighted animal**
- 13. Wear noise reduction headphones or earmuffs**

- 14. Use a weighted or a compression vest**
- 15. Use stretchy resistance bands**
- 16. Use a sensory cuddle swing**
- 17. Pudding play**
- 18. Play an instrument and make music**
- 19. Crawl through a sensory lycra tunnel**
- 20. Use a yoga ball, knobby ball or peanut ball**
- 21. Listen to an audiobook**
- 22. Draw on a chalkboard/whiteboard and clean it**
- 23. Do a puzzle**
- 24. Read a book**
- 25. Tossing/catching weighted ball**
- 26. Do some deep breathing exercises**
- 27. Rub some lotion on**
- 28. Deep pressure massage**
- 29. Rolling a foam roller on back and limbs when a child is on his/her belly**
- 30. Wear sunglasses**
- 31. Color with broken crayons (use the correct grasp)**
- 32. Color a picture in a coloring book**
- 33. Draw a picture**
- 34. Paint with water and brush outside on the driveway**
- 35. Take a scented bath**
- 36. Play with a squirt bottle outside**
- 37. Scented crayons**

- 38. Diffuse essential oils**
- 39. Bounce a ball**
- 40. Cuddle a pet**
- 41. Stringing fine motor beads**
- 42. Go to a quiet sensory space**
- 43. Use a ball tent**
- 44. Count slowly forward and backwards**
- 45. Have a bubble bath**
- 46. Wrap up in a soft warm blanket**
- 47. Wash hands with scented soap and warm water**
- 48. Close your eyes**
- 49. Teach belly breaths by putting a small toy on the belly and watch it raise and lower**
- 50. Blow on a feather**
- 51. Play with shadow puppets**
- 52. Focus on what you see, smell, hear, taste and touch**
- 53. Do mindful activities**
- 54. Play with playdoh**
- 55. Brush your hair**
- 56. Playing with clay**
- 57. Do heavy work activities, push or pull heavy containers**
- 58. Use a sensory calm down bottle**

- 59. Play in a dry beans sensory bin**
- 60. Build with blocks or building toys**
- 61. Crawl through boxes**
- 62. Glow sticks in the bath**
- 63. Rip up tissue paper**
- 64. Make silly faces in the mirror**
- 65. Blow pom poms around using a straw**
- 66. Drink a milkshake or smoothie through a straw**
- 67. Push against a wall**
- 68. Use each hand drawing figure 8's**
- 69. Look at a liquid sensory timer**
- 70. Lay in a bed with a compression sheet or weighted blanket**
- 71. Use bath time crayons and paints**
- 72. Play with jello**
- 73. Sit on a Kore Stool or Ergo Ergo seat**
- 74. Play with silly putty**
- 75. Squeeze a stress ball**
- 76. Paint using novel household or outdoor items**
- 77. Make and play with slime**
- 78. Play with a water beads sensory bin**
- 79. Create art with Wikki Stix**
- 80. Squishing between couch pillows/cushions**
- 81. Look at pictures in an album or magazine**

- 82. Blow on a pinwheel**
- 83. Play with whip cream**
- 84. Lay on a bean bag chair**
- 85. Play with play-doh**
- 86. Use a weighted blanket or lap pad**
- 87. Squeeze or hug a stuffed animal or toy**
- 88. Wear an eye mask**
- 89. Suck on crushed ice**
- 90. Take a shower**
- 91. Blow bubbles in a cup of water**
- 92. Joint compressions**
- 93. Listen to nature sounds outside or a CD/App**
- 94. Use a mini massager**
- 95. Climb into a body sock**
- 96. Play I spy**
- 97. Play a simple game or get out a deck of cards**
- 98. Make a craft**
- 99. Trace your hands with your finger**
- 100. Blow Bubbles**
- 101. Smell scratch and sniff stickers**
- 102. Read with a flashlight**

- 103. Hug someone**
- 104. Sit in a sensory tent**
- 105. Doodle on paper or whiteboard**
- 106. Play in a sand box or sensory sand table**
- 107. Relax on pillows/make a pillow sandwich or mountain**
- 108. Do exercises**
- 109. Go swimming**
- 110. Play with Kinetic Sand**
- 111. Sway back and forth on a sensory platform swing**
- 112. Give yourself a hug**
- 113. Play with water toys in a water table**
- 114. Use a scooter board**
- 115. Sit on a sensory Wiggle Seat air cushion**
- 116. Use a vibration cushion**
- 117. Balance on a balance board**
- 118. Visual calming cards**
- 119. Slowly roll small ball over skin**
- 120. Paint a picture or use finger paints**
- 121. Watching a snow globe**
- 122. Playing with rice bins**
- 123. Roll up in a blanket burrito**
- 124. Set up a play tent**

- 125. Toss bean bags**
- 126. Play in a cooked or dry pasta bin**
- 127. Watch a sensory bubble tube**
- 128. Make and smell scented plastic jars**
- 129. Talk about feelings and emotions**
- 130. Cutting small pieces of yarn/playing with short pieces of yarn**
- 131. Use a sensory projection light**
- 132. Cuddle with a super soft blanket**
- 133. Rocking in a rocking chair**
- 134. Carrying a weighted backpack, push a heavy basket**
- 135. Eating a crunchy food snack (pretzels, carrots, granola)**
- 136. Wear a weighted Theramazing hat**
- 137. Use watercolors or markers**
- 138. Blow up a balloon**
- 139. Use a fiber-optic sensory light**
- 140. Use a Lava lamp**
- 142. Use a huggable massager**
- 143. Play with or on soft toys**
- 144. Climb on playground climbing tower**
- 145. Spin on a spin toy**

Amy Roberts, from The Children's League, compiled and adapted this list from:
<https://sensoryprocessingdisorderparentsupport.com/sensory-calming-activities.php>