

SENSORY DIET IDEAS

<p>Roll ball with two fingers Up one leg – across tummy- down the other leg</p>	<p>Put coins or chips in clay: use two fingers to pull it out.</p>	<p>Push against the door or wall- with feet back. Do this 5 times.</p>	<p>Rock back and forth holding hands while sitting on the ground. Sing row row row your boat</p>
<p>Use balloons- keep the balloon up for as long as you can.</p>	<p>Play game with balloons: can you use your elbow to hit the balloon. How many times.</p>	<p>Use marbles to cross midline- hold them in two fingers, cross midline, put them in a bowl on the other side.</p>	<p>Use chalk and make an infinity symbol. Do this eight times without rocking. Crossing midline.</p>
<p>Use ants in the pants game for focus.</p>	<p>Jumping Jacks- 10 times</p>	<p>Hold hands up- hit carefully back and forth (crossing midline)</p>	<p>Hold the ball in one arm: spin three times. Throw the ball at a target.</p>
<p>Put the ball on the ground. Put targets on the floor. Try to kick the ball around the targets on the floor.</p>	<p>Use steppers (cans or palls will work) step on each one and keep balance.</p>	<p>Walk like an animal.</p>	<p>Roll up in a blanket. Make a burrito.</p>
<p>Deep pressure on legs, arms, and back</p>	<p>Pile books in bin and push around the house.</p>	<p>Wheelbarrow walk</p>	<p>Simon says or red light green light</p>