**Sensory**
- Play musical instrument, guitar, harmonica, drums, recorder, piano or any other musical instruments
- Scrub rough surfaces with a brush
- Make a child “sandwich” with blankets and bean bags placed under and over him
- Bear hugs ; being hugged
- Model Magic/ Play dough
- Dry rice
- Dig in dirt or sand
- Warm or cold washcloth
- Wrap in blanket like a burrito
- Sensory table with bucket and different stuff in them
- Music-relaxation CD’s, white noise machine
- Fidget with koosh balls
- Swing to lullaby music-can have two adults swing in blanket
- Sticky tape art
- Clapping games to have him match the sequence/rhythm-up to three sequences-example: clap hands of self-double hi five with partner-clap hands over head-start over
- Drink milkshake through straw
- Squeeze clothespins on cardboard
- Place straws into holes in a canister
- Squeeze squishy or stress ball
- Tape walk on floor(duct tape, masking tape, whatever is allowed)-heel to toe-10-12 feet-turn around and go back-try sideways-try backwards
- Building with simple large legos
- Draw with sidewalk chalk
- Blow bubbles, break with a specified body part
- Let child decorate and eat an open peanut butter sandwich
- Smell calming scents-scented -markers/pens, lavender sachet, scented oils
- Finger Paint
- Dim lights, close blinds
- Shaving cream on large cookie sheet-sideways figure eight (hand over guidance)
- Finger painting at an easel with music
- Deep breathing-can mimic a balloon
- Tie theraband to front legs of chair or desk that he can kick while seated
- Mix something in a bowl i.e. cookie dough
- Find beads hidden in play-doh
- String beads
- Calming soft materials/petting animals
- Color simple color sheets while laying on tummy
- Listen to music; relaxing, inspirational (can add music to any of these activities)
- Roll ball over body i.e. exercise ball or other rubber ball
- Blow feather or balloon to certain location
- Drumming on pots/pans/plastic buckets/coffee cans or containers
- Body Sox
- Step on bubble wrap
- Chewing on a straw
- Wrapping self in a blanket, weighted blanket
- Getting a massage
- Holding ice
- Soaking in a hot bath
- Using arts/crafts
- Warming up to a fire
- Using a stress ball
- Going barefoot
- Getting a manicure/pedicure
- Washing hair
- Fuzzy fabrics
- Looking at photos
- Visually calming images such as seeing the sunset/sunrise or images of such; Snow falling; Cloud formations, stars in the sky, ocean waves; Art work; Animal watching
- Movies
- Watching water or fish swimming
- Calming scents: Very child specific but may include scented candles, cologne/perfume, coffee, freshly cut grass, flowers; herbal tea and mint leaves
- Putting on clothes right out of the dryer
- Chewing : gum, taffy, ice carrot sticks (crunchy foods)
- Sour: warheads, lemons sour foods
- Sucking: lollipop, juice box, milkshake
- Eating a lollipop, popsicle
- Drinking coffee/coca, herbal tea; chocolate
- Spicy / hot: Listerine strips, strong mints, hot balls ; spicy foods
Self Regulation
- Vacuum, sweep, shovel or rake
- Wash tables/windows
- Wall push ups/floor push ups
- Hop scotch
- Stilt walkers
- Sharpen pencils with manual sharpener
- Squat down to floor and up again
- Sit in chair, alternate legs as if running while seated
- Hula hoop; jump to multiple hoops placed on floor
- Hike uphill
- Ride bike/trike
- Run around track or gym
- Bounce on trampoline
- Jumping jacks
- Play balloon volleyball
- Do "animal" walks - i.e. bear, seal, crab, bunny, frog
- Going for a walk
- Jump rope
- Run, march, power walk or jump, skip around room
- Play Ping pong
- Swing
- Dance with music
- Dribble basketball
- Pull or stretch theraband
- Jump while in a pillowcase
- Rearrange room furniture
- Wear weighted vests, belt, ankle or wrist weights
- Wear backpack with books in it
- Pilates rolling like a ball, sit-ups
- Jump on colored dots - person calls out which color
- Push/move boxes
- Carry books
- Climb on monkey bars
- Help empty wastebaskets
- Pull other child or heavy object around on a sheet
- Play in sand box with damp, heavy sand
- Open doors for person - push/pull
- Yogakids DVD
- Play tug-of-war with a blanket
- Lay on floor and roll a tennis ball into an empty trash can or bucket
- Stack chairs
- Challenge to balance on one foot - can add other movements
- Hold balloon between each other on certain body part then walk
- Staple paper into bulletin board
- Jump over jump rope on floor or walk it - make different patterns
- Carry laundry baskets
- Scooter pull in hallway: sits on scooter holding long tug of war rope (20 ft) and child pulls himself along rope toward adult who is anchor
- Carry full tote bag/backpack
- Push against wall
- Make a toilet paper barricade for child to go under, over, or through
- Walk on a balance beam - use a 2x4 placed on the ground
- Do the Hokey Pokey
- Long distance jump
- Jump into a bean bag
- Toss Bean bags into a bucket
- Play row row your boat pulling on towel moving back and forth and sing song together
- Pulling a loaded wagon inside school to be a delivery person
- Water bottle bowling
- Red Light, Green Light / Freeze Tag
- Simon Says/Mother May I?
- Follow the Leader
- Obstacle Course
- Paper basketball
- Swimming
- Gardening, shoveling, Yard work
- Hitting golf balls; driving range
- Skiing
- Pushing a heavy shopping cart
- Skating
- Building things

Structured/Focusing
- Shape sorting (foam or construction shapes, sort into ziplocks)
- Puzzles
- Balance bean bag on body part and walk to location
- Toss ball/balloon at target i.e. through person's arms as a hoop
- Play the matching game with a deck of cards
- Glue shapes onto paper
- Make a domino chain
- String beads
- Patterning (strip of paper, start the pattern - child finishes)
- Sort coins, count coins in piggy back
- Stacking of boxes, blocks
- Color by number; Coloring book
- Blow Bubbles
- Free color
- Transfer rice from one bowl to another
- “Fishing” with yard stick, yarn and paper clip hook
- Stuff envelopes
- Horseshoe game
- Folder activities (sequencing games, word search - picture finds, I Spy books)
- Uno
- Jenga
Any of the above done with a child is relational as well
- Read book
- Pick a way to walk across a room down hall etc, person follows
- Pet-assisted therapy-grooming, fetch etc.
- Back rub
- Hand massage with lotion
- Walk holding hands
- Have them pick a superpower and make a superhero costume
- Use disconnected phone to pretend to make phone calls to safe adult in child’s life to “talk it out”
- Collaborative drawing (paper, draw chalk on the sidewalk) – each adds to picture
- Sketch an outline of child on the sidewalk or paper with chalk
  Paint child’s palms with tempura paint and blot on paper
  Act out a story from a book
- Sing a song together
- Ring around the rosie
- I spy
- Toss bean bag back and forth, increase distance as you play
- Record each other on a tape recorder
- Go on a hunt for an object in the classroom
- Make sock or paper puppets – put on puppet show to take about feelings
- Make and try on paper hats
- Give a piggy back ride
- Plant a flower or vegetable plant together
- Feed snack
- Mother May I
- Play Hide and Seek
- Hurts assessment and band aid application (any place child says they have a “hurt” put a band aid)
- Make a “fort” or safe space
- Collect rocks in a basket
- Classroom handshake with sequence of three movements i.e. shake-hi five-thumb hug
- Sit in front of mirror together and mirror body movements
- Balance bean bag on head – child must watch your facial cues for direction about when to drop bean bag off head (wink left eye etc.) – encourages child to focus on facial expressions
- Build a story together taking turns one line at a time
- Work on a car together.
- Play catch.
- Make a meal together.
- Play a board game.
- Go fishing.
- Camp.
- Help them redecorate their room.
- Read the same book and discuss
- Work on chores together.
- Take pictures.
- Create a scrapbook.
- Go kayaking/canoeing
- Listen to their music with them.
- Share your favorite music with them.
- Go hiking in the woods.
- Visit a farm.
- Volunteer together at an animal shelter, homeless shelter, retirement home.
- Create a web page/blog
- Work on a difficult puzzle.
- Exercise together.
- Learn a craft together: scrapbooking, knitting, woodworking, etc
- Go to a park and people-watch: opportunity to talk about differences and open-mindedness
- Go sledding!
- Plan a dream vacation together
- Involve them in a home-improvement project.
- Talk about your school experiences—theirs and yours—and the value of education.
- Work on homework together—but don’t do it for them!
- Play imagination games, starting with, “Imagine if...”
- Go to a fair, carnival, amusement park or festival together and ride the rides.
- Go to an ethnic festival and learn about different cultures.
- Go to a renaissance fair and talk/learn about life in “ancient times”