



Sensory Diet Daily Ideas

Tactile (touch)	Movement (vestibular)	Oral motor	Heavy Work (proprioception)	Visual, auditory and olfactory
Silly putty	Run, jump, march, dance or walk	Eating crunchy food (carrots sticks , apples, pretzels)	Carry a full laundry basket	Play a musical instrument (even if you can't play one!)
Sand and water play	Climbing stairs	Blowing a whistle	Take out the rubbish	Bang on pots and pans
Squishy textures	Ride bike, scooter, or 3 wheeled scooters	Blowing bubbles	Pushing the shopping trolley	Wear sunglasses
Finger paint	Play catch	Brushing teeth with a vibrating toothbrush	Pushing the vacuum cleaner	Wear headphones
Shaving foam	Swing on a swing	Blowing bubbles in water or blowing a ping pong ball on water with a straw	Work with a therapy ball	Listen to your favourite music
Play-dough	Hop up and down	Eat sour or spicy snacks	Carry the shopping or wear a weighted rucksack	Look at picture books
Foam, slime and magic sand	Push-ups	Use a straw to drink thick liquid (Milkshake)	Move and re-arrange books and toys	Lower or brighten lights or adjust blinds
Kneading bread or pizza dough	Climb and slide	Apply scented lip balm	Rake leaves or dig	Use calming sensory visual or auditory bottles
Massage hands and arms	Bouncing on a therapy ball	Use a chew toy	Knead bread or play-dough	Turn on white noise (white noise machine, fan, vacuum)
Writing with a vibrating pen	Jumping jacks or snow angels	Chew on a gummy snack	Yoga	Sniff scented tissues or lip balm