When in doubt, use HEAVY WORK!

Sensory Break Activities

33	Steamroller
20	wall nush ur

- theraband exercises
- weighted items
 - o vests
 - o ankle weights
 - o hat
 - o lap pad
 - o crate
 - o backpack
- sit in beanbag
- pressure vest/bear hug
- body sock
- dots and squeezies
- burrito
- roll therapy ball over student
- tryke

- massage
- crawl under beanbags
- jump on trampoline
- push teacher in rolling chair
- scooterboard
- pull someone in wagon
- Fidgets
 - o squeeze ball
 - o Tridget fidget
 - o Theraputty
 - o stress relief ball
- hippity hop ball
- ™ Yoga
- sensory table (rice especially)
- heavy work bands
- bubble wrap popping

Sensory Classroom Modifications

- move and sit/disco sit
- sit on ball
- elevated writing surface
- writing activities
 - o chalk on chalkboard
 - o crayons on sandpaper/cross stitch board
 - o pencil in playdoh
 - o rice
 - o stamps
 - o grease pencil on plexiglass
 - o slanted/vertical surface
- put materials under seat

- Resistive tools/tous
 - o spray bottle
 - o clothespins
 - o stapler
 - o hole punch
 - o bingo dotters
 - o unifex cubes
 - o legos
- theraband on chair
- use bottle/alitter alue
- use move and sit as foot rest
- carry chair from desk to work area

Sensory Jobs

國	collect library books	washing windows	
3	collect milk	staple papers	
醤	take down chairs	hole punch papers	
5	vacumming	transfer wet laundry to d	lryer
	carry laundry basket	wash table	

Sensory Recess Activities						
Outdo	por		Indoo	or		
0	sidewalk chalk		0	playdoh (presses, molds, rolling		
0	blow bubbles			pin)		
0	rock climb on playground		0	Twister		
0	monkey bars/climbing activities on playground		0	sensory table		

Sensory PE Activities

crab walk

o popcorn

weighted ball toss

o freeze pop

22	scooterboard relays		疆	army crawl
	wheelbarrow walk		33	parachute
3	push ups			
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		S	`	L _
		Sensory S	nacr	<u>RS</u>
iii	Chewy		B	Resistive Sucking
	o drie	d fruit		o drink with crazy straw
	o gun	nmi bears/worms		 sports bottle with long straw
	o licor	rice		o lollipops
	o bee	f jerky		o popsicles
	o bag	els		o drink milkshake with straw
	o che	ese		o hard candies
	o grai	nola bars		o peanut butter
	o gun	3		 koolaid bottles
	o rais	ins		 suck applesauce/yogurt through
	o taff	y		straw
	o soft	pretzels		o Gogurt
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http://missallisonsclass.biogspot.com/