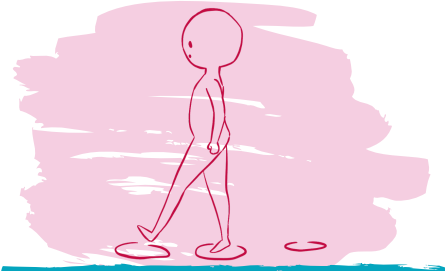
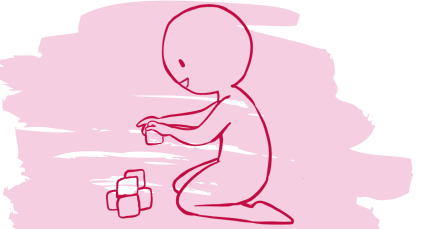
SENSORY MOTOR SCAVENGER HUNT

- [ ] TO THROW UP AND CATCH



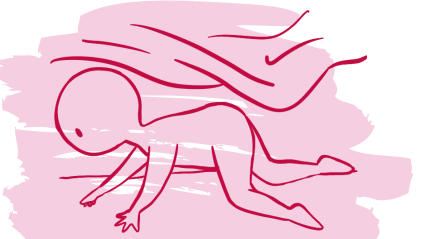
- [ ] TO WALK ACROSS

- [ ] TO USE AS A DRUM



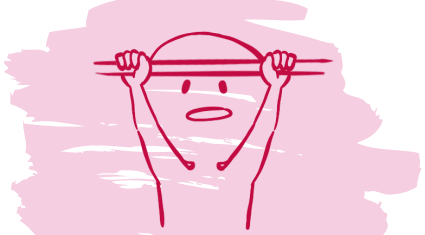
- [ ] TO STACK UP

- [ ] TO BLOW ACROSS THE TABLE



- [ ] TO CRAWL UNDER

- [ ] TO ROLL ON THE GROUND

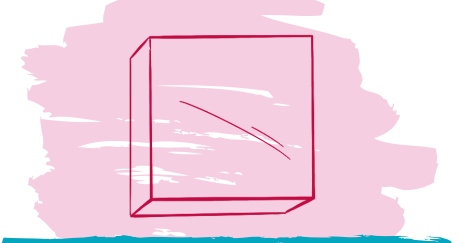


- [ ] TO HANG FROM

- [ ] STRETCHY

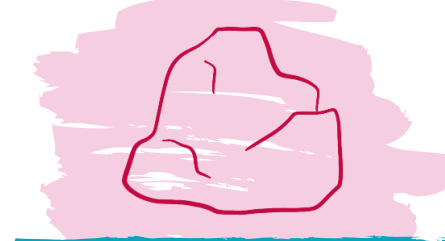
- [ ] BUMPY

- [ ] HEAVY



- [ ] SMOOTH

- [ ] SOFT



- [ ] HARD

100 QUICK & SIMPLE SENSORY ACTIVITIES

PROPRIOCEPTIVE SENSORY ACTIVITIES

- PLAYING ON PLAYGROUND EQUIPMENT OR SWING SET
  - CLIMB UP THE SLIDE
  - JUMP OFF THE SWINGS
  - PUSH SIBLINGS ON THE SWING
  - CLIMB THE STAIRS WITH A WEIGHTED BACKPACK
  - HANG FROM THE MONKEY BARS
- CIRCUIT TRAINING INSIDE
  - 10 WALL PUSHES
  - 10 DESK PUSH UPS
  - 10 HAND SQUEEZES
  - 10 SECOND SUPERMAN POSE
- ANIMAL WALK RACES
  - BEAR WALK
  - CRAB WALK
  - WORM CRAWL
  - WHEELBARROW WALKS
- BALANCING GAMES
- TIGHT HUGS AND SQUEEZES
- CARDBOARD BOX RACE
  - ONE CHILD IN A BOX AND ANOTHER PULLS OR PUSHES THEM DOWN THE HALL

VESTIBULAR SENSORY ACTIVITIES

- MOVEMENT MADNESS (CAN BE DONE AS A RELAY, CIRCUIT, OR STATIONS)
  - 10 JUMPING JACKS
  - 10 ARM SPINS
  - 10 CARTWHEELS
  - 10 SUMMERSAULTS
- 100 SECOND FREEZE DANCE
  - STOP THE MUSIC AT 100 SECOND INTERVALS
- 100 BOUNCES ON AN EXERCISE BALL
- UPSIDE DOWN BALL TOSS
  - BOTH CHILDREN HANG UPSIDE DOWN AND TOSS A BALL BACK AND FORTH 100 TIMES
- 100 SWINGS ON A SWING SET
- HOPSCOTCH
- ROCK AND SWING IN A HAMMOCK
- 100 SECONDS OF SPINNING

AUDITORY SENSORY ACTIVITIES

- PLAY GUESS THAT ANIMAL
  - USE 100 DIFFERENT ANIMAL SOUNDS
- LISTEN TO 100 SECONDS OF CALMING SOUNDS
- 100 SHAKES OF A MARACA
- 100 SECONDS OF SILENCE
- GUESS THAT SONG IN 100 SECONDS
- SOUNDS PATTERN REPEAT
  - CLAP, WHISTLE OR HUM SETS OF SOUNDS, CHILD REPEATS
- DESCRIBING SOUND GAME
  - NEAR OR FAR
  - SOFT OR LOUD
  - HIGH OR LOW
- 100 RHYMING WORDS

VISUAL SENSORY ACTIVITIES

- SHADOW PUPPET PLAY
  - MAKE THE NUMBERS WITH YOUR FINGERS
  - GUESS ANIMALS
  - USE 100 PIECES TO CREATE SHADOWS
- 100 ITEM HIDDEN PICTURE
- SIMPLE SENSORY BOTTLES
- PLAY HIDE AND GO SEEK
- LIGHT TABLE PLAY
  - SORT 100 SHAPES
  - BUILD WITH 100 LIGHT BLOCKS
  - LIGHT BRIGHT WITH 100 PEGS
- SENSORY BAGS FILLED WITH SIMPLE MATERIALS
- SCAVENGER HUNTS OUTSIDE IN THE BACKYARD OR AROUND THE HOUSE

ORAL SENSORY ACTIVITIES

- BLOW 100 BUBBLES
- BUBBLE GUM (BIGGEST BUBBLE AFTER 100 CHEWS)
- SAILBOAT RACES
  - BLOW SAILBOATS WITH A STRAW
- COTTON BALL TABLE FUN
  - BLOW 100 COTTON BALLS INTO A CUP
- BLOW PAINTING
  - USE A STRAW TO MOVE PAINT ON A PAPER
- 100 SECOND FEATHER GAME
  - TRY TO KEEP A FEATHER IN THE AIR FOR 100 SECONDS BY BLOWING
- CREATE 100TH DAY TRAIL MIX
  - 10 OF EACH CRUNCHY/CHEWY ITEMS
- WHISTLE FOR 100 SECONDS
- 100TH DAY MILKSHAKES
  - USE 10 PIECES OF 10 FROZEN FRUITS
  - DRINK THROUGH A STRAW
- BLOW ON A RECORDER FOR 100 SECONDS

100 QUICK & SIMPLE SENSORY ACTIVITIES CONT.

TACTILE SENSORY ACTIVITIES

- SENSORY BALL GAMES
  - ROLL FROM FINGER TIP TO FINGER TIP
  - ROLL FROM HEAD TO TOE
  - SENSORY BALL TOSS
- GUESS THAT TEXTURE
  - PUT 100 OBJECTS IN A BOX AND FEEL
- SANDPAPER NUMBERS
  - CUT #100 INTO SAND PAPER, TRACE WITH FINGERS
- HAND FIDGETS
- SHAVING CREAM FUN
- SENSORY DOUGH
  - FOAM DOUGH
  - EDIBLE PLAYDOUGH
  - SCENTED DOUGH
  - CLOUD DOUGH
- TEXTURE SCAVENGER HUNT INSIDE OR OUT
- SENSORY BINS
  - COLORED RICE
  - BEANS/LENTILS

FINE MOTOR SENSORY ACTIVITIES

- Q-TIP PAINTING
  - USE QTIPS TO MAKE 100 DOTS
- COTTON BALL SQUEEZE RELAY GAME
  - EACH PLAYER USES TWEEZERS TO PASS 10 COTTON BALLS TO THE NEXT PLAYER
- CUT THE NUMBER 100 OUT AND DECORATE WITH 100 SEQUINS
- 100TH DAY NECKLACE
  - STRING 10 BEADS OF 10 COLORS
- USE A HOLE-PUNCH TO PUNCH 100 DOTS
- TRACE THE NUMBER 100 IN SAND
- USE TOOTHPICKS AND PLAY DOUGH TO MAKE A CREATION WITH 100 TOOTHPICKS
- WRITE 100 IN SHAVING CREAM
- 100TH DAY DROPPER ART
  - USE A MEDICINE DROPPER TO DROP 100 DROPS OF LIQUID WATERCOLORS ON A COFFEE FILTER
- CLOTHESPIN NUMBER MATCH
  - PUT NUMBERS 1-100 ON CLOTHESPINS AND MATCH THEM TO A NUMBER LINE

BODY AWARENESS SENSORY ACTIVITIES

- 100TH DAY HIDE AND SEEK
  - HIDE NUMBERS IN A LARGE SPACE
- OBSTACLE COURSE
- BODY PART RELAY RACE
  - USE DIFFERENT PARTS OF THE BODY TO CARRY A BEANBAG TO THE NEXT PERSON
- SING HEAD, SHOULDERS, KNEES AND TOES
- BODY NUMBERS
  - CREATE NUMBERS BY CHANGING THEIR BODY SHAPE
- BODY WORD BUILDING
  - SPELL WORDS BY MAKING THEM WITH YOUR BODY
- SIMON SAYS
  - HAVE CHILDREN USE NUMBER CARDS TO TOUCH PARTS OF THEIR BODIES
- HOKEY POKEY
  - YOU CAN ADAPT IT TO HAVE CHILDREN PUT IN CERTAIN NUMBER OF BODY PARTS
- SENSORY BALL TOSS
- 100 PERSON LINE ESTIMATING
  - ESTIMATE THE LENGTH A 100 PERSON LINE WOULD BE
  - LINE CHILDREN UP TO MEASURE

CORE STRENGTH ACTIVITIES

- CIRCUIT TRAINING
  - 10 SIT UPS
  - 10 SQUATS
  - 10 CRUNCHES
  - 10 BICYCLE KICKS
- 100 SECOND POSES
  - SUPERMAN
  - PLANK
  - STAND ON ONE LEG
- TUMMY TIME
  - DO ANY OF THE ACTIVITIES LISTED ON YOUR STOMACH
- CRAWLING OBSTACLE COURSE
  - MAKE YOUR OWN OR USE A SWING SET
- DO PULL UPS ON THE MONKEY BARS
- SIMPLE BALANCE ACTIVITIES & YOGA

SELF-REGULATION SENSORY ACTIVITIES FOR KIDS

- FUN BREATHING
  - PUFFER FISH BREATHS
  - SQUARE BREATHS
- MONSTER FACE
  - SQUEEZE THE MUSCLES IN YOUR FACE TIGHT
- MAKE ANXIETY SQUEEZE BALL
  - PUT 100 BEANS IN A BALLOON AND TIE IT SHUT
- MAKE A CALM DOWN JAR
  - SHAKE FOR 100 SECONDS AND WATCH IT FOR 100 SECONDS
- SWING ON A HAMMOCK
- 100 DAY FLOWER BOUQUET
  - PASS OUT FLOWERS TO CHILDREN AND HAVE THEM TAKE DEEP BREATHES IN THROUGH THEIR NOSE TO SMELL, AND LET IT OUT THROUGH THEIR MOUTHS
- BLOW UP BALLOONS
- SCENT GUESS
  - USE DIFFERENT ITEMS FOR STUDENTS TO SNIFF AND GUESS THE SMELL
- COUNT BACKWARDS FROM 100

SENSORY GAMES I LIKE AND DON'T LIKE

INSTRUCTIONS

Encourage your kids to reflect on each game they tried and what they liked or didn't like about each one.

GAME I TRIED _____

WHAT I LIKE ABOUT IT

WHAT I DON'T LIKE ABOUT IT

HOW MY BODY FELT WHILE I PLAYED IT

HOW MY BODY FELT AFTER I PLAYED IT

DO I LIKE THIS SENSORY GAME?

YES / NO