

Tactile Activities

No equipment needed:

Give the child bear hugs

Play "steam roller" - children takes turns lying on the ground and rolling over each other

Provide and receive massages for foot, head, back, hand and body

Walk barefoot outside on a variety of surfaces

Have child identify shapes letters, numbers drawn on his or her arm, leg or back

Common home/community equipment:

Sandwich the child between pillows, cushions, and/or blankets

Provide firm towel rubbing after bathing or swimming

Wrap the child up in a big towel after bathing and sit on parent's lap with hugs

Sand play—sand pit or on the beach

Hide under a bean bag or between two bean bags

Play "turtle" - crawling around with a bean bag on the child's back

Pet a dog/cat/rabbit, etc.

Cuddle stuffed animals toys or favourite blanket

Messy play including art & craft type activities

Water play—use water pistols, sprays, water balloons, straws, etc.

Squeeze or walk on bubble wrap

Play "bulldozer" - roll a large ball over the child

Find objects hidden in a container of sand/beans/dry pasta/rice/feathers/beads/etc.

Fidget toys

Ball pit using a paddling pool and lots of different balls

Wheat sacks, stress balls

Specialist equipment:

Make mummy wraps—wrap child with a large piece of lycra fabric

Life jacket/vests—use as a weighted or pressure vest

Back support—use as a pressure vest or bear hug

Proprioceptive Activities

No equipment needed:

March	Running
Wrestle	Jumping
Push against a wall	
Hand presses	
Crawl	
Leap frog	
Crab walk	
Animals walks	

Common home/community activities

Tug-o-war (need rope)

Pillow fight (need pillows)

Arm wrestling (need table)

Pull something heavy around on a blanket

Swimming (need swimming pool or similar)

Push and pull a wheel barrow or heavy laundry basket

Play in a sandpit with damp sand

Water the flowers/plant with a heavy watering can

Bounce on a space hopper

Trampoline

Gymnastics/Yoga

Specialist equipment:

Vibrating pillow/mat or toy

Compression clothing i.e. lycra clothing

Dance sack/body sox

Ankle/wrist weights

Exercise/therapy ball

Activities Rich in Proprioceptive Sensation

Proprioception is the sensation that has been observed to help children regulate their responsiveness to sensation. Proprioception occurs when we move our muscles. Movement of our muscles against gravity or against a weight increases the amount of proprioceptive stimuli.

Below is a list of home activity suggestions. Remember, these are just suggestions and not all of them will be suitable for your child depending on their age, cognitive ability, motor difficulties, etc.

- Play on pull up bars (can be installed in doorways)
- Jump on a trampoline
- Roller skating
- Ride a scooter or bike
- Participate in climbing activities (i.e. playground equipment)
- Play running and jumping games
- Play in a sandbox with damp heavy sand
- Push a child's cart filled with cans or plastic bottles filled with sand or water and then put them away on a low shelf. It is especially useful if the child is on hands and knees (weight bearing position) to increase proprioceptive input
- Colour a rainbow with large paper on the floor while on hands and knees
- Use cardboard boxes with blankets and pillows to make dens/forts
- Put one child in a cardboard box and have another child push him/her
- Put heavy objects in a cardboard box and have the child push it through cones (pretend game of "driving a car")
- Make a house with small doors out of a cardboard box and have the child squeeze in and out
- Participate in activities such as gymnastics, horse riding, wrestling, karate, swimming, etc.
- Bounce on a space hopper
- Play catch with a heavy ball or bounce and roll a heavy ball
- Play jumping games i.e. hopscotch and jump rope
- Play "going camping" by getting child to pull a heavy blanket across a few chairs
- Fill a pillowcase with a few soft toys in it for weight; the child can then push or pull the pillowcase up an incline or stairs
- Encourage one child to pull another child in a blanket around the floor
- Push against a wall
- Fill up big toy trucks with heavy blocks, pushing with both hands to knock things down
- Play cars under the kitchen table where the child pushes the car with one hand
- Stack chairs
- Let child help with unpacking grocery shopping and putting away in cupboard
- Carry heavy items
- Push or pull boxes with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor)
- Take the cushions off sofas, vacuum under them, and then put them back
- Take the cushions off sofas, climb on them or jump and crash into them

- Go shopping with a child's supermarket trolley filled with items or have the child push the trolley when you go shopping
- Rearrange bedroom furniture
- Put large toys and equipment away
- Do chair push-ups
- Open and close the door for other people
- Roll, walk or run up a hill
- Wear a heavy backpack (no more than 10% of child's body weight)
- Do animals walks (crab walk, bear walk, army crawl, etc)
- Household tasks:
- Vacuuming
- Sweeping
- Mopping
- Dusting
- emptying the rubbish bin
- carrying or pushing the rubbish bin
- carry the laundry basket
- Load/unload washing machine
- Load/unload tumble dryer
- Load/unload dishwasher
- Wipe table clean after dinner
- Push chairs under the table after a meal
- Carry buckets of water to clean with or to water flowers/plants
- Clean windows
- Scrub rough surfaces with a brush
- Help change the sheets on the bed
- Cooking activities (stir, mix, chop, roll out dough, etc.)
- Give the dog a bath
- Car wash
- Gardening – sweeping patio/paths, mowing the lawn, raking the grass/leaves, etc.
- Push a friend in a wheelbarrow
- Give and get hugs
- Carry heavy cushions
- Have pillow fights
- Woodwork i.e. sanding, hammering, etc.
- Play a pushing game where two people lock hands facing each other and try to see who can push and make the other person step back first. Have clear rules i.e. no hitting, no biting, if one person says stop then both stop.
- Have two children sit on the floor, back to back, with knees bent and feet flat on the floor; interlock arms; and then try to stand up at the same time
- Have two children (or one child and an adult) play "Row, row, row your boat" sitting on the floor, holding hands, and pushing and pulling each other
- Yoga

Vestibular Activities

No equipment needed:

Jump	Play Ring around the Rosy
Run	Sit on parents' lap and rock back &
Roll down a hill	forth or bound up and down
Skip	Do a roly poly/hand stand/cartwheels
Hop Scotch	
Yoga	
Wrestle, rough & tumble play, invert the head	
Dance	

Common home/community equipment:

Ride a bike/scooter/skate board

Walk on unstable surface (mattress, sand, lilo bed/inflatables, etc.)

Hang head off sofa

Jump rope

Infinity loop

Swing in a blanket/hammock

Trampoline

Play park equipment i.e. slide, swing, see saw, etc.

Bounce on a ball

Specialist equipment:

Stand on a balance board or a bosu / air dome ball

Exercise / therapy ball

Wobble cushion (sit or stand on it)

Scooter board

Rocking chair/rocker gaming chair

Balance beam

Auditory Activities

No equipment needed:

Change tone quality or intensity of voice

Singing

Humming

Whistling

Play a game in which the child works on identifying different sounds in the environment

Common home/community equipment:

Use music that is enjoyable, soothing, relaxing, etc. to the child

White noise (CDs or download)

Ear muffs

Hats/hoodies covering ears

Earphones

Ear plugs/cotton balls

Musical toys/instruments

Visits places at quiet times (avoids busy/noisy times)

Provide a quiet corner/space

Play a game in which the child works on identifying different sounds in the environment.

Play the above game but hide in different places in the room and have the child attempt to identify the location of the sound you are making.

Put different items in containers, shake them, and have the child identify what is inside by the sound it is making.

Specialist equipment:

Ear defenders

Wireless noise cancelling headphones for Apple/Android devices—can use to listen to music or just use for the noise cancelling function. Noise cancelling function uses technology that converts background noises i.e. traffic noises, road works, etc. to almost silence (reduces background noise by up to 97%).

Metronome (set to 60 beats per minute, in the background)

Cozy headband earphones—great for sleeping

Visual Activities

No equipment needed:

Reduce visual clutter—be aware of the amount and type of pictures hung on the wall, items on displays, items dangling from the ceiling, etc..

Use natural light where possible

Common home/community equipment:

Turn fluorescent lights off when possible and use regular light bulbs

Draw curtains/pull blinds down

When lighting cannot be modified, provide child with a hat with a brim or sunglasses

Reduce the visual field i.e. put away 5 toys rather than 10 toys

Seat child away from doors, windows and colourful displays which are likely to distract him/her

Put away toys/clothes/objects that are not in use. Use clear, organised and labelled storage.

Place a piece of plain paper on half of the page when reading a book so that the child can focus on part of the page at a time

Play games such as Simons says or Charades that use gestures and visual information but no auditory information

Use range of visual toys including light up toys

Liquid timers/

Mirrors

Torches (play shadow game)

Lava lamps/night lights

'Find Wally' or similar books and games

Specialist equipment:

Light projectors i.e. starlight , space, etc.

Bubble tube

Oral Activities

No equipment needed:

Whistle/humming/singing

Deep breathing

Make silly faces

Massage mouth

Mouth stretches (yawn)

Common home/community equipment:

Suck thick liquids through a straw

Electric (vibrating) toothbrush

Sugar free gum

Blow bubbles / bubble volcano (need washing up liquid & a straw)

Chew on crunchy food (i.e. carrots, pretzels, etc.)

Suck on boiled or hard sweets

Blow a dandelion

Musical toys/instruments i.e. harmonica, kazoo, etc.

Water bottles

Toys for blowing i.e. rocket balloons, etc.

Specialist equipment:

Curly/crazy straws

Chewy jewellery

Chewy fidget/toys

Air brush markers

Electric (vibrating) toothbrush