

## What is Sensory Play?

Sensory play is creative, fun and movement-based play.

### Why is sensory play important?

- improves attention
- improves balance
- improves coordination
- improves body awareness
- helps develop cognitive skills including math, science and problem solving
- supports regulation or that just right arousal level
- needed for learning
- needed for overall good development

### Sensory Play Activities:

**Animal walks:** bear walks, crab walks, frog jumps

**Playground play:** lots of swinging, climbing and sliding

**Obstacle courses**

**Limbo games:** walking like different animals when going under a rope that is held between 2 points

**Rolling:** in right and left directions on the floor or roll a child up in a blanket like a tortilla with their head out

**Wheelbarrow walks:** see how far your child can go or with a younger child see if they can walk upstairs on their hands for more input

**Crawling:** through a tunnel or over/under objects at home

**Sledding**

**Build a snowman**

**Sensory bins:** that have sand, beans, pasta or rice in them while having your child find hidden objects



### Finger painting:

- if your child does not enjoy it use 1 finger at a time or use a Q-tip, paint brush or small piece of sponge to paint with
- add sand or pudding to the paint for a different texture
- for a cold experience, freeze finger paint in an ice cube tray and slide cubes on the paper



**Tactile play:** with slime, Play-Doh, kinetic sand

**Water play:** in kitchen sink or tub with sudsy water using a pitcher, bottles and turkey baster

**Blowing bubbles:** out of a wand or through straws to make bubble towers using a basin of soapy water

**Popping bubbles:** by clapping, stomping or jumping on them as well as popping them with different body parts



### Recommended games:

- Twister
- Cranium Hullabaloo
- Hopscotch



\*Seek the help of a pediatric occupational therapist (OT) if sensory difficulties are affecting your child's ability to make it through normal daily routines or engage in play.

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