

# Tactile Sensory Activities



Tactile sensory can also be called your sense of touch. These activities involve receptors in your skin that take in sensory information. Tactile activities involve various textures and exploration with hands in order to gain a sensory experience.



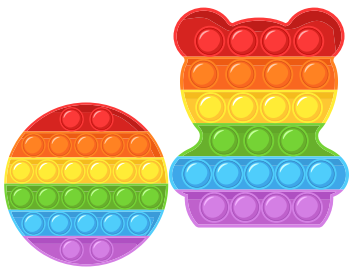
**Playdough**



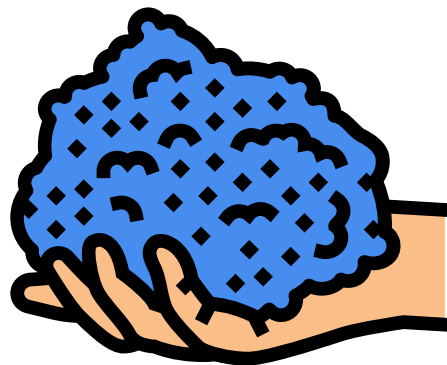
**Finger Painting**



**Sand**



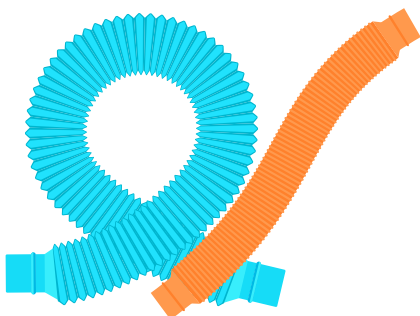
**Push Pop  
Fidget**



**Kinetic Sand**



**Baking**



**Pop Tubes**



**Shaving cream**



**Water Play**

# Proprioceptive Sensory Activities

Proprioception involves deep sensory receptors in our joints and muscles. These sensory receptors help us know where our body is in space and help us move in our environment.

Proprioception activities often involve weight bearing on our arms, carrying heavy items, and moving our bodies.



**Obstacle Course**



**Yoga Ball Rolling**



**Carrying a Backpack**



**Joint Compressions**



**Monkey Bars**



**Kids Yoga**



**Scooter Board**



**Pulling a Heavy Object**



**Pushing a Heavy Object**

# Oral Sensory Activities



Children may display oral sensory seeking behaviors by chewing on their clothing, objects, or utensils. Oral sensory input can be provided through various activities involving movement and work done by the mouth.



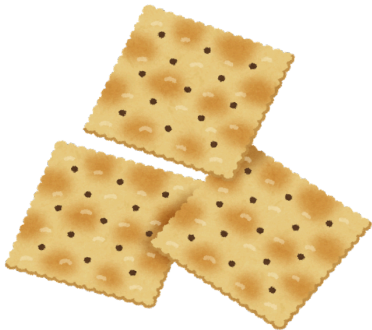
**Blowing Bubbles**



**Blowing a Whistle**



**Blowing a Pinwheel**



**Crunchy Snack**



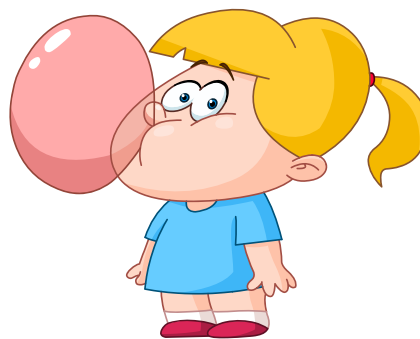
**Eat a Cold Snack**



**Drinking a Smoothie**



**Drinking from a  
Straw**



**Chewing gum**



**Chewlry**

# Vestibular Sensory Activities



The vestibular system is a sensory system detected through our inner ear. This system helps with balance and spatial awareness of the body. When performing vestibular activities it is important to monitor for vestibular dysfunction including dizziness,



**Swinging**



**Jumping Over Obstacles**



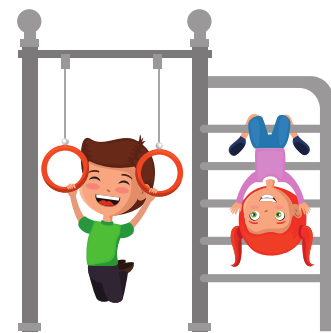
**Climbing**



**Jumping on a Trampoline**



**Bouncing on a Ball**



**Monkey Bars and Hanging**



**Ride a Bike or Scooter**

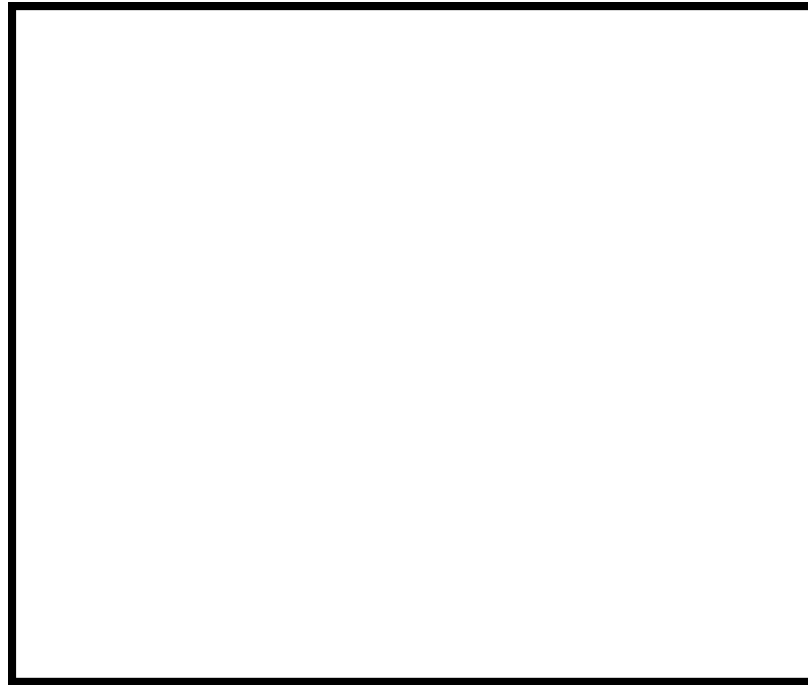


**Playing on a playground**



**Tumbling Activities**

# I tried an activity!



## It made my body feel...



Sleepy



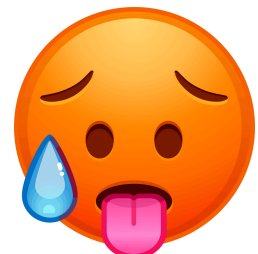
Calm



Happy



Silly



Out of  
Control

**ST★RFISH THERAPIES**

Making a Difference