

At home sensory activities and movement with everyday items you probably already have around your house. Please keep in mind each child has different sensory needs and physical abilities, please use your judgment when selecting activities to do with your child. These activities are not meant to replace therapy sessions.

Fun Activities

- Climbing – anything that they can climb under supervision including a play set, climb up a slide, chairs, stairs, bring a ladder in from the garage
- Pushing someone on a swing
- Build a fort in your house
- Obstacle course, include jumping, wall push-ups, crawling, going through a tunnel, reaching down to touch cones, or cups, balance beam or line.
- Animal walks – crab walk, bear walk, leap like a frog, gallop like a horse, slither on your stomach like a snake, use your imagination!
- Pillow fight
- Pull a wagon, sled, or stroller filled with their favorite toys or stuffed animals
- Play catch with a ball or bean bags, try different throws such as bounce pass, overhead throw and chest pass
- Crawl backwards using hands
- Carry various items from one point to another, try filling a basket with items that they carry to it and then push the basket along a tape line route
- Play tug of war – use a rope, blanket, scarf, or any item you have in your house
- Wheelbarrow walking – take turns being the wheelbarrow
- Army crawl (no knees allowed)
- Do pushups
- Ride a scooter board in various positions (sitting, on your belly) if you don't have a scooter use a towel on hard surface floors.
- Crashing into piled up pillows, blankets, stuffed animals
- Utilize scarves with movement and dancing

- Cardio drumming using wooden spoons on pillows, bed, chair or a bucket, you can also use pool noodles cut down to drumstick length
- Push a bobo doll or punching bag
- Wheelbarrow walking
- Resistance cycling on a stationary bike
- Dig in the dirt, garden, sand box
- Sit on a stability ball while engaging in other activities such as reading, using a tablet, etc.
- Lean over a stability ball on your belly while doing a floor activity, puzzles, games, books, toys
- The game of Twister
- Hide and seek
- Rope swing
- Hopscotch
- Yoga poses
- Sidewalk chalk course
- Indoor scavenger hunt
- Scavenger hunt while out for a walk (How many red cars can we find? How many squirrels? How many dogs? Etc.
- Pairing exercises with different scenes in a preferred movie or show
- Battle ropes
- Dance party with their favorite music
- YouTube exercise videos (try out several to see which one interests your child, Powered to Move has a great channel with many fun videos!)
- **Work/Chore Activities**
- Pull laundry out of the washer and/or dryer
- Carry boxes, sort recycling
- Carry groceries, shopping bags and put away groceries
- Rake, pull weeds
- Load or unload the dishwasher
- Staple paper together
- Breakdown cardboard for recycling

- Use a paper punch or hole punch to make confetti
- Vacuum
- Sweep or mop the floor
- Wash the car
- Wash a pet
- Shovel snow
- Moving garbage/recycling bins

Pinterest is also a great resource for ideas for every different interest and age level. What is most important is to keep trying a variety of different activities until you find one that motivates your child! Remember they probably won't love exercising or doing more physical activities at first, but take those baby steps and keep moving!