

Sensory Integration Activities

Tactile

1. Writing on the mirror with foam soap
2. Drawing in the sand
3. Finding things hidden in sand, rice, bird seed,
4. Writing or drawing in shaving cream
5. Finger painting

Proprioception (deep pressure, heavy work)

1. Carrying library books, taking out the trash, rolling up a hose,
2. Washing a chalkboard
3. Wheel barrel walking
4. Bear hugs
5. Bean bag sandwiches

Vestibular (movement)

1. Swinging
2. Spinning
3. Rocking
4. Jumping jacks