



DEVELOPING A HEALTHY SENSORY SYSTEM

Occupational and Physical Therapy - HPS

Sensory Play

Sensory play and exploration are important and necessary to your child's development. Children are curious learners who require various types of sensory play to support their growth. There are numerous ways you can incorporate sensory play into everyday activities at home.

Outdoor Play

- Go to the playground
- Ride a bike/scooter
- Dig in dirt or sand
- Plant a garden
- Play in the leaves
- Shovel snow
- Sledding
- Build a snow man
- Outdoor "iSpy"
- Scavenger hunt
- Chalk

Indoor Play

- Build a fort
- Pillow fight
- Animal walks (bear, crab, frog, elephant)
- "Help" with household chores (carry groceries, vacuum, water plants)
- Dance party
- Obstacle course
- Play laying on stomach
- Crafts, puzzles, boardgames

Messy Play

- Slime
- Shaving cream
- Helping with cooking and baking
- Sensory bins (rice, pasta, beans, cereals, sand, ice)
- Finger painting/Q-tip painting
- Water play
- Blow bubbles