

Occupational Therapy at Home

SENSORY INTEGRATION

Activity Ideas

- Animal walks
 - Crab—sit on the floor with your hands behind you and your feet flat on the floor. Raise your hips toward the ceiling until your trunk is straight. Walk backwards on your hands and feet.
 - Bear—bend forward at the waist so that hands touch the floor with some weight on hands. Walk forward with hand and foot on the same side moving as a unit.
 - Bunny hops—squat with hands flat on the floor and knees between arms. Reach forward with hand and jump your feet up to your hands.
 - Frog jumps—squat down using fingertips to support you. Jump forward from that position.
- Color or do art projects while laying on your belly or on your hands and knees. The extra input throughout your body promotes calm and stability
- Sweep, mop, or vacuum the floor
- Carry heavy objects
- Stack up all the pillows in the house and jump into them
- Lay all of your pillows in a row and practice crawling over them
- Wash the car, windows, and tables
- Carry laundry basket from one room to another
- Carry groceries into the house
- Play kickball or catch outside
- Open the mail—gently, without ripping
- Wheelbarrow walking—child places their hands on the floor and another person stand behind them and holds their legs in the air. To make it easier, hold the hips; to make it harder, hold the ankles.
- Playground play—climbing, swinging, monkey bars, slides, etc. all provide great input
- Play catch with a Velcro mitt
- Climb a slide
- Blow bubbles
- Hopscotch
- Hula hoop
- Bean bag or ring toss
- Obstacle courses

