

NON-TOOL SENSORY ACTIVITIES

The “non-tool” activities on these cards provide strong sensory input without the use of any tools or equipment. There are many situations when tools and equipment are not available or restricted for safety reasons. These are “portable” activities that can be done anywhere. They provide lots of proprioceptive, vestibular and deep pressure touch input. Some are calming, like the foot-flexes and the self-hug, and some are more alerting, such as the slap and clap activities.

Game Description:

You can make a game from these activity cards by printing out the activities on heavy card tag and cutting them up into separate cards. Pass one or two cards out to participants who take turns leading the group doing the activity on the card. Provide support where needed and take over demonstrating the activity if asked to do so. Ask participants if they think the activity would be calming or alerting or organizing or a combination. Ask them to try to think of a time when they might use their activity (when stressed, when in need of a boost of energy, before bed, when in need of grounding, etc.).



Glider/Slider

Chair Pushups (Work up to 5)

Grip the sides of a straight chair and use arms to lift the upper body slightly off the seat of the chair.

Foot-Flexes (Try 5)

Point toes and then flex feet and hold for a few seconds to give a little stretch to the lower leg, relax.

Trunk Turns (Try 5)

Place hands on top of head and turn slowly to one side and then the other; stop in center position.

Slap and Clap (8 times - change pattern)

While seated slap thighs and then clap hands with a rhythmic beat; try various patterns such as slapping once, clapping twice...

Full Body Joint Compression (1 slowly)

In a standing position, place hands on top of head and “bounce” 10 times by lifting heels and then gently bouncing them down on the floor.

Upper Body Joint Compression (1)

Place hands on table or wall and lift heels of palms up and down, gently “bouncing” 10 times.

Hand Press (5 times)

Press palms of hands together firmly (prayer position) hold to the count of five and release and relax . Repeat.

Glider/Slider (2 times)

Extend arms, cross just above wrist, clasp hands; slide hands slowly down legs towards floor, relax and let natural stretch happen; slowly return to seated position.

Rock and Roll (3 times)

While seated rock body gently from the hips side to side a few times and then and then around in a circle a few times.

Self-Hug (5 times)

Wrap arms around torso to give the body a firm hug - hold to the count of 10 and release – repeat.

Head-Neck Rolls (3 times)

Drop head forward with chin down and roll head slowly until the chin is over the shoulder; go back to center and roll to the other shoulder.

Whole Body Hug (3 – 5 times)

While seated draw knees up and wrap arms around legs, squeeze to the count of 10, repeat several times; try it with one leg only.