

70+ PRINTABLE

Sensory

ACTIVITIES CARDS



Compiled by **Julie Nixon** from
My Mundane and Miraculous Life

70+ PRINTABLE Sensory

ACTIVITIES CARDS

Thank you for your purchase! The more sensory input you can fit into your child's day, the better, and these cards will help make that happen!

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Use it *in* your O.T. practice, but do not give it away. If clients would like their own, please direct them to www.mymundaneandmiraculouslife.com/shop so they can purchase.

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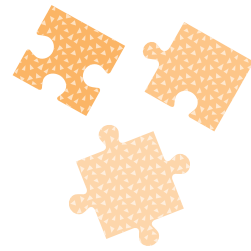
Sell this PDF.



Get Wrapped Tight
in a Blanket



Read a Favorite Story
and Cuddle



Puzzles



Rocking



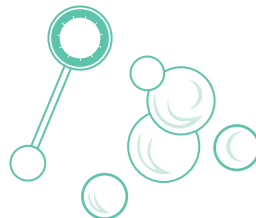
Hold an Ice Cube



Cuddle a Weighted
Stuffed Animal



Arts and Crafts



Blow Bubbles



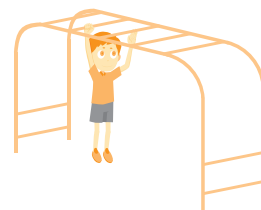
Dim Lights



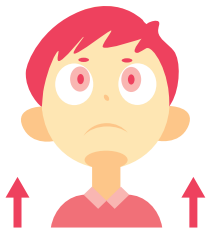
Calming Music



Get outside!



Monkey Bars



Look UP!



Sing



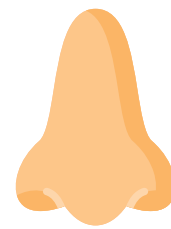
Animal Breaths



Stretch



Make Silly Faces



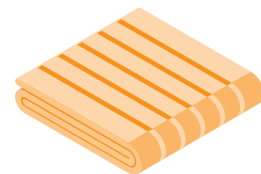
Sniff Essential Oils



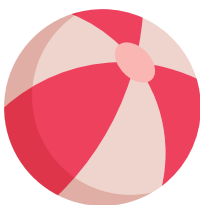
Noise Cancelling
Headphones



Sensory Bins



Weighted Blanket



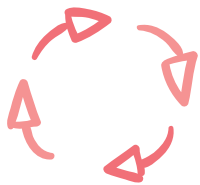
Squish a Ball



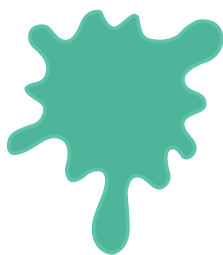
Calm Down Bottles



Yoga



Spin



Play with slime



Run



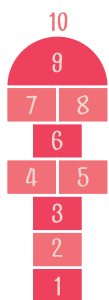
Skip



Run Down Hill



Dance



Hop Scotch



Ride a Bike



Walk on an
Unstable Surface



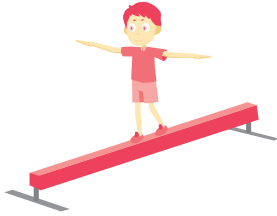
Hang off Couch



Jump Rope



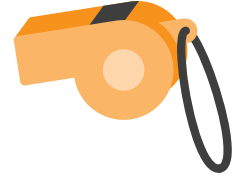
Infinity Loop



Balance Beam



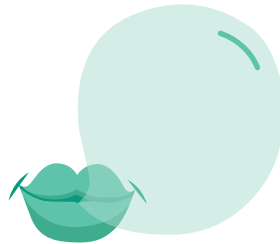
Balance Board



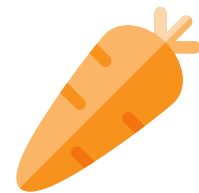
Whistle



Roll Your Tongue



Chew gum or
Other Chewy Foods



Chomp Crunchy Foods



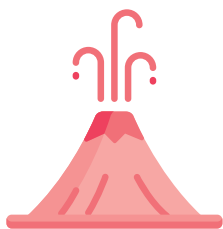
Suck Through a Straw



Blow Items
with a Straw



Play Musical Instrument



Bubble Mountain



Water Bottle
with a Biteable Straw



Vibrating toothbrush



March



Wrestle



Arm Wrestle



Bear Hugs



Joint Compressions



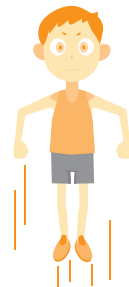
Push Against a Wall



Hand Presses



Push-Ups



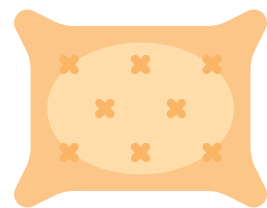
Jump



Crawl



Animal Walks



Pillow Fight



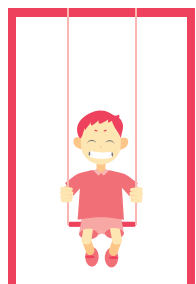
Pull Something Heavy



Swim



Climb



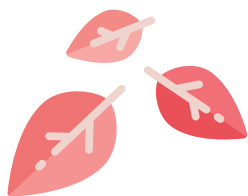
Swing



Play with Play Dough



Scooter Board



Play in the Leaves



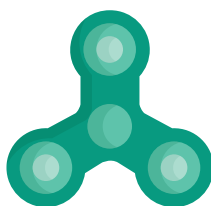
Play in the Snow



Play in the Mud



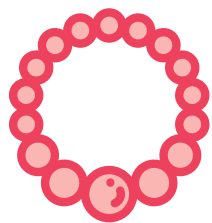
Play with Food



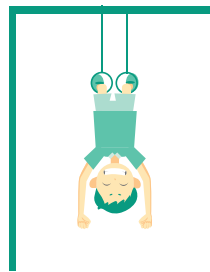
Play with a Fidget



Play in the Sand



Chewable Jewelry



Hang Upside Down