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# Sensory & Movement Activities

## In the Classroom

### Heavy Work Activities

- Erase or wash chalkboard
- Wash desks or tabletops
- Carry a box of books
- Push or stack chairs
- Rearrange bookshelves
- Open doors for others
- Staple paper onto bulletin board
- Sharpen pencils with manual sharpener
- Wear heavy backpack
- Move trash can to another location
- Carry basket of items
- Make deliveries to the office
- Squeeze stress balls or fidget toys
- Cut heavy paper or cardboard with scissors



Take movement or stretch breaks throughout the day

### Movement Activities

- Sit in a rocking chair when reading or during floor time
- Sit on an inflated air cushion placed on a chair or floor
- Hand out papers and materials for the teacher
- Push your feet into theraband placed around chair legs
- Do head, neck and shoulder rolls while sitting
- Take a stretch break after sitting for a long time
- Breath deeply— in through your nose/out through your mouth

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Ask your school's OT for equipment to try such as a weighted vest or ball chair

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### Weight Bearing Activities

- ☺ Chair push ups
- ☺ Push on desktop or table top
- ☺ Wall push ups
- ☺ Wheelbarrow walk
- ☺ Crab walk
- ☺ Spider walk
- ☺ Wall slides
- ☺ Crush paper into a tight ball
- ☺ Bounce on a therapy ball
- ☺ Jump on a mini-trampoline

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### Keep your mouth working hard with these mouth tools:

- ☺ Chew straws or coffee stirrers
- ☺ Chew on gum or, if allowed
- ☺ Chew on fish tank tubing
- ☺ Chew on licorice or twizzlers
- ☺ Sip water through a sports bottle
- ☺ Suck on hard candy or lollipops
- ☺ Suck applesauce through a straw
- ☺ Eat crunchy foods— Dutch pretzels or carrots
- ☺ Mints make us more alert!