

The Peaceful Parent Whisperer

helping heal & transform parent-child relationships

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Here is a list of various sensory activities that your child(ren) may enjoy and benefit from (lovingly and compassionately compiled by my friend, Tracy T.).

CALMING ACTIVITIES: Experiences that may help to relax the nervous system

- ❖ Stretches
- ❖ Deep-pressure massage
- ❖ Slow rocking or swinging
- ❖ Fidget toys
- ❖ Progressive muscle relaxation
- ❖ Quiet music with a steady beat
- ❖ Bear hugs
- ❖ Reduced noise and light levels
- ❖ Lavender, vanilla, or other soothing smells
- ❖ Snuggling in a sleeping bag, large pillows or bean bag chair

ORGANIZING ACTIVITIES: Experiences that can help an individual become focused and attentive.

- ❖ Sucking or chewing on hard candy or gum
- ❖ Adding rhythm to the activity
- ❖ Vibration-toy massager, vibrating pillow, wiggle pen
- ❖ Heavy work tasks to include hanging, pushing, pulling, or carrying heavy objects

Similarly, to organize:

- ❖ Swinging on a swing or climbing
- ❖ Rhythmical sustained movement: marching, washing a table, or bouncing

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- ❖ Rocking in a rocking chair
- ❖ "Squeezie" toys (koosh balls, balloons, or rubber gloves filled with flour or cream, soft balls, gak, silly putty)
- ❖ Hanging by the arms on the monkey bars (20-30 seconds)
- ❖ Pushing/carrying heavy objects
- ❖ Carrying backpacks weighted with books or bags of dried beans (this should only be worn for 15-20 minutes with an hour or two between)
- ❖ A reading corner with a bean bag chair makes a wonderful place for escape when there is too much stimulation. Some children may like the bean bag on top of them.
- ❖ Play dough
- ❖ Tactile Bins (cornmeal, oatmeal, water, sand, rice, beans)
- ❖ A bin full of bird seed (brought outside) is merrily cleaned up by the birdies -- no mess!
- ❖ Kitchen time (mixing, tasting, smelling, washing up)
- ❖ Finger painting

Some children also need extra sensory input in their mouths and hands in order to organize their behavior:

- ❖ Drinking from a water bottle
- ❖ Chewing (you can use a straw, rubber tubing or coffee stir stick)
- ❖ Being brushed with a corn de-silking brush in one direction approximately 10 times with pressure. Brush their arms, back (but not over the spine), legs (on the top, outer parts and underneath, avoid the inner thigh area), top of the feet and the hands.
- ❖ Sucking on hard candy, frozen fruit bar, or spoonful of peanut butter or marshmallow fluff

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- ❖ Licorice tug-of-war, blow pin wheels, or various types of blow toys, bubbles and whistles
- ❖ Pushing against walls with the hands, shoulders, back, buttocks, and head
- ❖ Cuddling or back rubbing
- ❖ Taking a bath
- ❖ Being rolled tightly like a hot dog in a blanket
- ❖ Being squished under a therapy ball, mat, or couch cushion
- ❖ Tug-of-war
- ❖ Wheelbarrow-walking and/or jumping games like hopscotch
- ❖ Crashing games-run and dive into boxes, bean bags and couch cushions
- ❖ Pulling a wagon, carrying a heavy book bag, digging in the yard, or carrying groceries
- ❖ Sports, such as wrestling and football
- ❖ Deep pressure (giving a massage) and joint compressions (holding above one joint and under one joint then doing a quick 10 repetitions of compressions, pushing and pulling)
- ❖ A mini trampoline
- ❖ A “sock-em” bopper or whatever they call those weighted kid-sized things that spring back up after you knock them down