

Sensory activities key and example timetable

Below are some general activity ideas to help support the sensory needs of your students. Please always refer to their individual sensory passports to ensure that activities you use are appropriate for each individual.



PROPRIOCEPTIVE (BODY AWARENESS) ACTIVITY IDEAS: walking with weighted backpack on, jumping on trampoline, running, walking around the nature trail, heavy work at the paddocks/polytunnel e.g. pushing wheelbarrow, digging, carrying buckets/watering cans, helping with heavy work household chores e.g. wiping tables clean, carrying heavy laundry basket, making bed, stacking chairs, pushing/pulling activities, wall push ups, sitting and bouncing up and down on an exercise ball, having exercise ball rolled over body whilst lying on floor, using weighted resources (only if prescribed by OT).



VESTIBULAR (MOVEMENT) ACTIVITY IDEAS: having a go on a swing, walking around the nature trail, spinning cone in sensory garden, roundabouts/slides/climbing on playground equipment, walking up and down stairs, sitting and slowly rocking on exercise ball, using air filled sitting cushion (if prescribed by OT), yoga, rocking in rocking chair.



TACTILE (TOUCH) ACTIVITY IDEAS: deep pressure hand/foot massage, giving a firm hug, having access to a box of tactile/squeezy hand fidgets, massage with lotion (if the child likes this and will tolerate), vibrating equipment e.g. vibrating pillow/massager, use of weighted equipment e.g. weighted blanket (only if prescribed by OT), messy play (start with drier textures and gradually introduce wetter textures).



VISUAL ACTIVITY IDEAS: sensory room lights – bubble tube/fibre optics, looking at colourful books/magazines, colour matching activity, grouping same coloured items together, looking at photos, looking at moving colourful ribbons.



SMELL ACTIVITY IDEAS: using scented lotions, encourage smelling of different foods when cooking and preparing meals, using scented oils on tissue, smelling different foods and drinks in the juice bar.



AUDITORY (SOUND) ACTIVITY IDEAS: listening to calming music, exploring sounds of different instruments, having a box of different instruments to explore e.g. rain maker, shakers, exploring noises outside such as birds.



TASTE ACTIVITY IDEAS: Provide oral motor chews (when prescribed by OT), encourage tasting of different foods when preparing food/cooking/baking, provide access to the juice bar to try new flavours.

	7:30 – 9:00	9:00 – 10:00	10:00 – 11:00	11:00 – 12:00	12:00 – 13:00	13:00 – 14:00
Monday	Meds, breakfast, free choice time. 	Finish morning routine/TV. 9:30 – sensory circuit.   	Fine motor skills activities (OT target).  Topic activities.	11:00 – juice bar and free choice time.   11:30 – life books in library. 	Swimming. 	Lunch, tidy up and free choice time. 
Tuesday	Meds, breakfast, free choice time. 	Finish morning routine/TV. 9:30 – sensory circuit.   	10:00 – PE in leisure barn.      Sensory room. 	11:00 – juice bar and free choice time.   11:45 – music in music room.  	12:00 – literacy/numeracy focussed activities. 12:30 – fine motor skills (OT target). 	Lunch, tidy up and free choice time. 
Wednesday	Meds, breakfast, free choice time. 	Finish morning routine/TV. 9:30 – sensory circuit.   	10:00 – literacy/numeracy focussed activities. 10:30am – housework. 	11:00 – juice bar and free choice time.   11:10 – community trip. 	12:00 – sensory cooking (after trip out).   12:45 – assembly.  	Lunch, tidy up and free choice time. 
Thursday	Meds, breakfast, free choice time. 	Finish morning routine/TV. 9:30 – sensory circuit.   	Sensory room.    	11:00 – juice bar and free choice time.    Leisure barn/bouncy castle. 	12:00 – literacy/numeracy focussed activities. 12:30 – fine motor skills (OT target). 	Lunch, tidy up and free choice time. 
Friday	Meds, breakfast, free choice time. 	Finish morning routine/TV. 9:30 – sensory circuit.   	Juicing for café.    10:45 – gardening in polytunnel. 	11:00 – juice bar and free choice time.    11:30 – literacy/numeracy focussed activities.	12:00 – forest school.  12:20 – fine motor skills (OT target). 	Lunch, tidy up and free choice time. 