



Quick and Easy -Weekly Classroom Sensory Diet

If all a teacher has is 15 minutes every day, this is the perfect sensory diet for them! Each day of the week a different sense could be explored. Also, OT time with the students could be used to make a weekly chart for this and they can put stickers on it when they participate in the activities - what fun!

Materials Needed (be sure to check the gym teacher's closet for some of these items 😊):

- Hula hoops
- Therapy ball or 2
- Parachute
- Vibrating toy
- Theraputty
- Container with rice
- Container with beans
- Small objects to hide in the putty, rice, and beans
- Ipad/ipad with Native American drumming music
- Labyrinth on paper (downloadable from internet)
- Kaleidoscopes
- Yoga cards (or pictures downloaded from internet)
- Gym Mat or blanket

Motor Mondays (to provide vestibular, proprioceptive input and facilitate motor planning skills):

- Quick Sensory-motor group/obstacle course in the classroom that the kids can move through - bounce 10 times on the therapy ball, jump down the line of hula hoops on the floor, and then scooter board back to the ball.
- Parachute games
- Imitation games/Follow direction games such as Simon Says

Tactile Tuesdays (provide deep tactile input and tactile play):

- Steamroller for deep tactile (have students lay prone on the floor, teacher can roll the therapy ball over them)
- Vibration - allow students to explore a vibrator on arms, hands, feet, cheeks, chin (may help the kiddos that are chewing & touching everything)
- Rice play (find 10 hidden objects in the rice)
- Bean play (find 10 hidden objects)
- Thera-putty (find 5 hidden objects)

Wacky Wednesday (explore visual & auditory senses):

- Play Native American drumming music & have students move to the rhythm
- Provide interesting things to look at like kaleidoscopes
- Provide labyrinth pattern to trace with finger and with eyes (see attached and also Calm and Connected workbook)

Thinking Thursday (proprioceptive & crossing midline to promote whole brain thinking):

- Mat squishes or Burrito (roll student up tightly in a blanket)
- Cross crawls
- Simple Yoga poses
- 4 B's of Self Calming (see attached)

Fun Friday:

- Kids pick their 3 favorite and implement