



# 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 senses 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
- Ipod/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	TACTILE TUESDAYS	WACKY WEDNESDAY	THINKING THURSDAYS	FUN FRIDAYS
<i>To provide vestibular, proprioceptive input and facilitate motor planning skills.</i>	<i>To provide deep tactile input and tactile play.</i>	<i>To explore visual &amp; auditory senses.</i>	<i>To proprioceptive &amp; crossing midline to promote whole brain thinking.</i>	<i>To have fun!</i>
<ul style="list-style-type: none"> <li>• 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.</li> <li>• Parachute games.</li> <li>• Imitation games/Follow direction games such as Simon Says.</li> </ul>	<ul style="list-style-type: none"> <li>• Steamroller for deep tactile (have students lay prone on the floor, teacher can roll the therapy ball over them.)</li> <li>• Vibration – allow students to explore a vibrator on arms, hands, feet, cheeks, chin (may help the kiddos that are chewing &amp; touching everything.)</li> <li>• Rice play (find 10 hidden objects in the rice.)</li> <li>• Bean play (find 10 hidden objects.)</li> <li>• Thera-putty (find 5 hidden objects.)</li> </ul>	<ul style="list-style-type: none"> <li>• Play Native American drumming music &amp; have students move to the rhythm.</li> <li>• Provide interesting things to look at like kaleidoscopes.</li> <li>• Provide labyrinth pattern to trace with finger and with eyes (see attached and also Calm and Connected workbook.)</li> </ul>	<ul style="list-style-type: none"> <li>• Mat squishes or Burrito (roll student up tightly in a blanket)</li> <li>• Cross crawls</li> <li>• Simple Yoga poses</li> <li>• 4 B’s of Self Calming (see attached)</li> </ul>	<ul style="list-style-type: none"> <li>• Kids pick their 3 favorite and implement</li> </ul>