

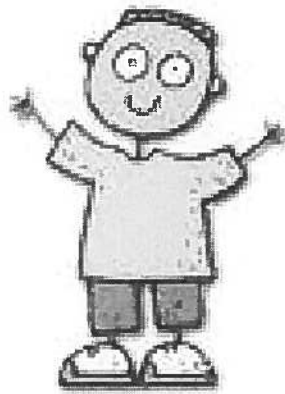


# Sensory & Movement Activities

## 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**

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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

### 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  
Breathe deeply— in through your nose/out through your mouth

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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
  - ☺ Such applesauce through a straw
  - ☺ Eat crunchy foods— Dutch pretzels or carrots
  - ☺ Mints make us more alert!
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