



## Sensory-Friendly Activities

Because every child deserves play that feels safe, soothing, and just-right



### Calm & Grounding

- Weighted blanket rest time
- Bubble blowing (great for breath regulation)
- Gentle yoga or stretching with music
- Sensory bottle watching (glitter, beads, water)
- Nature walks with a "5 senses" scavenger hunt
- Soft clay or play dough sculpting
- Rock painting with smooth textures



### Creative & Expressive

- Watercolor painting with calming colors
- Sticker collages or tactile art boards
- Build-your-own fidget kits
- Sand or rice bin exploration
- Low-volume music and movement sessions
- Storytime with soft lighting and cozy seating
- "Draw Your Mood" pages with color choices



### Sensory Play Stations

- Quiet tent or calm corner with pillows and dim lights
- Texture trays: fabric swatches, feathers, foam, beads
- Scent jars: lavender, citrus, vanilla (optional sniffing)
- Sound sorting: match soft sounds to images or feelings
- Gentle bubble wrap popping or foam blocks stacking



### Printable Ideas to Pair With These Activities

- "My Favorite Sensory Tools" worksheet
- "Calm Choices Menu" scroll

- "Mood Tracker with Texture Icons"
- "Sensory Bingo" with soothing tasks
- "Build Your Calm Corner" checklist

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