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- Wheelbarrow walking.
 - Animal walks (e.g bear walks, crab walking, frog jumps)
 - Trampolining.
 - Cycling or using a scooter.
 - Swings (forward and back, side to side, rotary)
 - Rough and tumble play.
 - Deep pressure squishing or sandwiching with pillows or balls
 - Spinners and roundabouts

Jumping

- on bed
- sofa
- trampoline

Climbing

- rock walls
- jungle gyms
- monkey bars
- ropes
- slides
- through a tunnel

Swinging

- outdoor swings
- indoor swings
- swinging child in a blanket

Riding

- scooter board
- bikes
- scooters
- skateboard
- roller blades
- sleds
- any of the above over bumps or down hills
- seesaw

Pushing/Pulling Heavy Objects (Heavy Work Activities)

- carrying shopping
- pushing empty wheelie bins inside
- raking leaves
- pulling weeds
- shovelling mud/soil

- vacuuming
- pushing shopping trolley
- carrying a laundry basket
- a rope tied to a door knob or heavy object

Chewing

- crunchy foods
- gum
- salty or spicy foods
- chewy jewelry
- chewable pencil tops
- chewable safe toys
- teethers and chewable toys

Vibration (is alerting versus calming when used in short bursts)

- handheld massagers
- vibrating cushions/pillows

Playing active games

- running
- obstacle courses
- skipping
- leap frog
- tug of war
- wheelbarrow walking
- various animal walks (walking like a crab, hopping like a kangaroo, etc.)
- row, row, row your boat with a partner
- Swimming
- Crashing and jumping into pillows (put all of your pillows or soft toys in a pile on the floor)

Playing with textures (Stimulates the tactile sense)

- shaving cream
- finger Paint
- mud
- wet sand
- water
- ice

Blowing

- various whistles and noise makers
- bubbles
- pinwheels

Movement

- Rolling on a large ball on back or belly
- Sitting on a large ball – during meals, for homework/in school
- Scratching their back vigorously for a few minutes

Spinning (a very intense sensory experience, best for kids to spin themselves even if they love spinning. Be very cautious of spinning a child, and only do so a few times in both directions. This is important because it will help balance out their system.)

- swing
- swivel chair
- while standing
- sit and spin

Playing in sensory bin (tons of ideas, the sky is the limit)

- rice
- beans
- birdseed
- sand
- cloud dough
- spaghetti/ noodles

Touch

- Massage
- Kneading playdough or therapy putty

Handling fidget toys (a wide variety of options)

- koosh balls
- stress balls

Squishing and squeezing

- hugs
- squeezing into tight spots or behind furniture
- wrapping up tightly in blanket
- sleeping in stretchy sheets that are tucked in on sides
- laying under a large yoga ball
- Sit or stand on a wobble cushion or wiggle seat (great for meals, homework, and crafts)

Using essential oils (different types of oils are used to calm or be alert)

- in room diffusers
- applying to skin
- in bath

Audio

- Listening to rhythmic or soft music
- Wearing noise cancelling headphones

Watching slow moving or soothing images

- Fish tank
- Lava lamp
- Slow changing lights

Sucking/drinking

- Drinking something warm
- Sucking thick milkshake through a straw
- Drinking something cold

Slow rocking

- Rocking chair
- Hammock