



Occupational Therapy

Sensory E-Learning



Animal Walks

CHICAGO OT THERAPY

Animal Walks

Frog Jump



Key Points

- Squat down like a Frog
- Jump as high as you can
- Repeat this across the room

Bear Walk



Key Points

- Extend legs straight
- Head down

Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

Caterpillar Crawl



Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

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Pick an animal walk to do before beginning work and during breaks.

Balloon Pass/Volleyball



Keep the balloon from dropping to the floor with an adult or independently;
pass the balloon over your head or between your legs to another person;
stand back to back with someone and twist side to side to pass the balloon

Bubble Pop



Blow bubbles and pop with your finger or clap your hands to pop the bubbles

Crunchy Snacks



Let student eat crunchy snacks while they work to increase alertness

Cushions/Pillows



Jump or crawl a path made with pillows or cushions

Crawling/Tunnels



Crawl through boxes, homemade tunnels and under tables for deep pressure input in the body to calm the sensory system to focus and pay attention

Cutting Multi-Sensory Material



Cut different textured materials for addressing sensory-motor and to work on strengthening and fine motor skills

****PARENTAL SUPERVISION WITH SCISSORS**

Sensory Writing



Let student practice letters, names and words using shaving cream (with supervision so they do not try to eat it), whipped cream or pudding.

Transitions



Jump, jumping jacks or marching room to room during breaks/transitions

Sensory Bins



Put rice, beans or water in a plastic tub with some toys and let student play and find hidden items

****PARENTAL SUPERVISION WITH SMALL TOYS**

Go Outside!!



If weather permits, play outside!!! Run, swing, jump, hopscotch, draw with chalk, ride a bike, toss a ball, take a walk etc...

Lotion and Massage



Rub lotion on arms and legs using keep pressure when rubbing in lotion

Playdough



Roll out and cut playdough with scissors (with supervision), plastic knife or cookie cutters to provide strengthening and multi-sensory input.

****PARENTAL SUPERVISION**

Push-ups



Do push-ups against a wall or in a chair. Sit in a chair and push down the sides of the chair to lift bottom and feet off of the chair. Repeat 10x

Tug O' War



Use a towel or old shirt or sock to play tug o' war. Playfully pull back and forth without going full force.

****PARENTAL SUPERVISION for safety**