

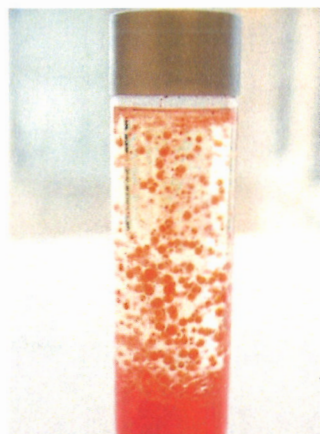
# **Sensory Friendly DIY Activities**

## **50+ ACTIVITIES**

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# DIY LAVA LAMP



## SUPPLIES NEEDED:

- Water bottle
- 1 cup of water
- Food coloring
- Vegetable oil
- Alka-Seltzer

## INSTRUCTIONS:

- Mix food coloring with your cup of water
- Fill plastic bottle  $\frac{3}{4}$  of the way from the top with vegetable oil. Leave plenty of room for the water.
- Pour colored water into bottle. Try not to fill your bottle all the way to top.
- Break a single Alka-Seltzer tablet into small pieces
- Add pieces slowly, waiting a second or two between each piece.
- Close bottle with cap and watch the bubbles go. Once Alka-Seltzer tablet has run out, but you can add more.

## **MODIFICATIONS:**

- Hand over hand assistance with rolling play dough into small pieces
- Have individuals try to make the tallest tower (set a time limit)

# SOUND MATCHING



## SUPPLIES NEEDED:

- Two different colored eggs
- Objects to fill the eggs (rice, beans, paper clips, cotton balls, jingle bells, pennies, marbles)
- Tape

## INSTRUCTIONS:

- Fill one egg of each color with an object
- Tape the eggs shut (optional)
- Have individuals try to match the eggs

## MODIFICATIONS:

- Print out pictures of what is inside the egg to have individuals have a visual of what they need to match
- Play as a team instead of as an individual

# SILLY PUTTY



## SUPPLIES NEEDED:

- Corn starch
- Yogurt (make sure its yogurt without chunks of fruit)
- Food coloring (optional)

## INSTRUCTIONS:

- Mix together 1 cup of yogurt and  $\frac{3}{4}$  cups of corn starch
- When the mixture is no longer sticky, pick it up and roll the putty into a ball
- If it's too sticky add small amounts of corn starch
- If it's too dry add a small amount of yogurt
- Add food coloring to change the colors of the putty

\*Silly putty will not last longer than a day

# SENSORY BOTTLES



## SUPPLIES NEEDED:

- Empty water bottle(s)
- Water
- Clear Elmer's glue
- Food coloring
- Filler items: glitter, beads, pom-poms, straws, paper clips, etc.
- Super glue

## INSTRUCTIONS:

- Fill water bottle  $\frac{3}{4}$  way with warm water
- Add clear Elmer's glue
- Add filler items of choice
- Super glue the lid shut

## MODIFICATIONS:

- Theme your bottles based on the time of the year
- Fill the bottles with rice and add objects (turns the bottle into an eye spy game)

# SENSORY BAGS



## SUPPLIES NEEDED:

- Sandwich bags
- Food coloring
- Clear hair gel
- Packing tape
- Glitter (optional)

## INSTRUCTIONS:

- Squirt hair gel into sandwich bags
- Add food coloring
- Optional: Add glitter or other extra objects to the bag
- Let out all the air and zip the bag shut. Tape all the edges of the bag.

## MODIFICATIONS:

- Use oil, water and food coloring for a different effect
- Add frozen peas to your bag
- Fill a bag with rice and objects and have individuals try to find the hidden objects

# RIBBON STREAMERS



## SUPPLIES NEEDED:

- Ribbon
- Metal, plastic or foam ring
- Scissors

## INSTRUCTIONS:

- Cut strands of ribbon to your length of choice
- Tie each strand of ribbon to one side of ring

## MODIFICATIONS:

- Use paper plates in place of ring – cut out center and/or hole-punch around the edge to thread ribbon
- Use rubber band/hair tie in place of ring

# PEEPS PLAYDOUGH



## SUPPLIES NEEDED:

- Marshmallow peeps
- Crisco shortening
- Flour
- Measuring cups/spoons
- Microwaveable bowl
- Microwave

## INSTRUCTIONS:

- Place 5 marshmallow peeps, 4 tablespoons of flour & 1 tablespoon of shortening in microwavable bowl
- Microwave for 30 seconds
- Take 'dough' out of bowl and kneed, dust with flour if sticky

## MODIFICATIONS:

- Use alternative ingredients to make playdough: Frosting & powdered sugar / Kool-Aid packet, salt, flour, cooking oil & hot water

# PAINTING WITH ICE



## SUPPLIES NEEDED:

- Washable paint
- Ice-cube tray
- Water
- Paper

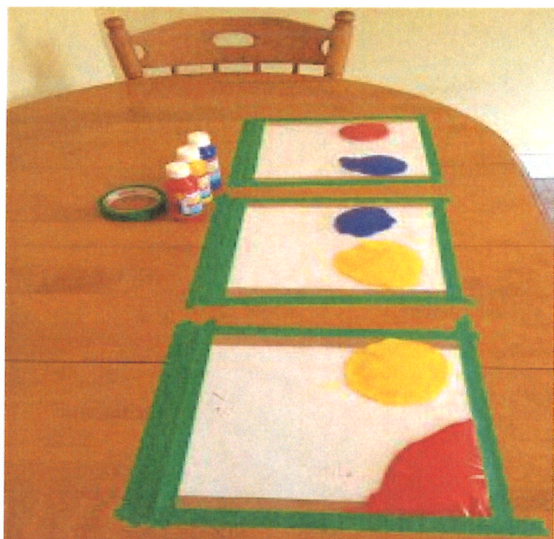
## INSTRUCTIONS:

- Fill an ice cube tray 1/3 of the way with paint
- Fill the ice slots the rest of the way with warm water and carefully stir until combined
- Put the tray(s) in the freezer for 4-6 hours

## MODIFICATIONS:

- If individuals do not like touching the ice place a popsicle stick in each slot before placing the tray in the freezer. This will give each ice cube its own handle.

# MESS FREE PAINTING



## SUPPLIES NEEDED:

- Sandwich bags
- Paint
- Paper
- Packing tape

## INSTRUCTIONS:

- Place a white piece of paper into a plastic bag
- Squirt 2+ colors of paint into the bag
- Let all the air out of the bag and seal the bag
- Tape the edge of the bag to stop paint from leaking out

## MODIFICATIONS:

- Draw pictures onto the paper before placing it into the bag. Have individuals fill in the picture by moving the paint around the bag.

# MARBLE ART



## SUPPLIES NEEDED:

- Container (any type that has sides)
- Paint
- Marble(s)- will work with anything that will roll
- Paper

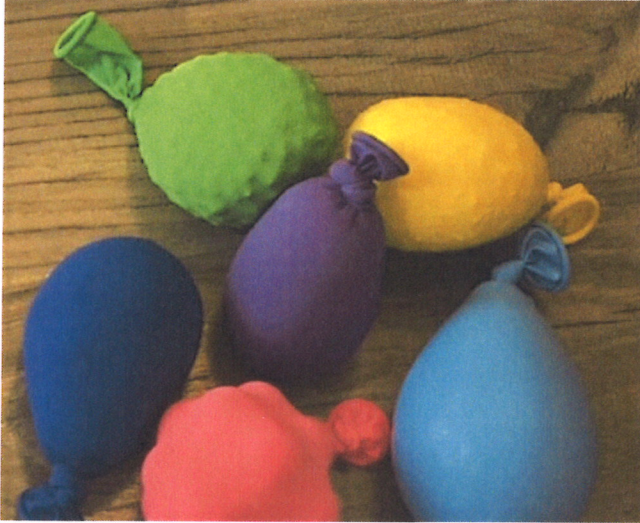
## INSTRUCTIONS:

- Place a piece of paper into your box/container
- Squirt drops of paint onto the paper
- Place marble(s) into the container and begin to move the container up/down & side to side.

## MODIFICATIONS:

- If individuals are unable to move container on their own staff may provide hand over hand assistance.
- Instead of tilting the tray have participants use a stick to move the marble around the tray

# TEXTURE BALLOONS



## SUPPLIES NEEDED:

- Balloons
- Filler items: dry rice, play dough, slime/gel, play sand, salt, cornstarch, coffee grounds, marbles, popcorn kernels, etc.
- Funnel

## INSTRUCTIONS:

- Blow up each balloon & let out the air to stretch
- Insert funnel into the top of the balloon to insert filler into balloon
- Tie balloon closed

# PICTURE COASTERS



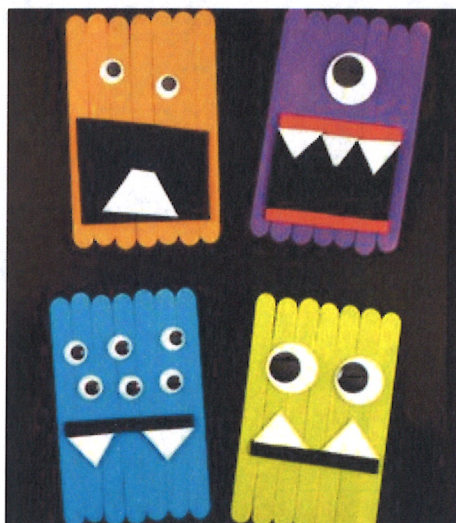
## SUPPLIES NEEDED:

- White square ceramic tiles
- Mod Podge
- Acrylic sealer
- Foam paint brush
- Picture/scrap book paper
- Felt
- Scissors
- Hot glue gun

## INSTRUCTIONS:

- Paint a thin layer of Mod Podge directly onto the back of your photo, stick photo to tile
- Once dry, paint a thin layer of Mod Podge over the top of your photo
- Allow Mod Podge to dry & repeat 2 additional times
- Once dry, apply acrylic sealer, allow sealer to dry and repeat 2 additional times
- Cut and attach felt to the bottom of the coaster using the hot glue gun

# POPSICLE STICK MONSTERS



## SUPPLIES NEEDED:

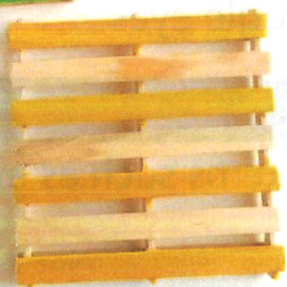
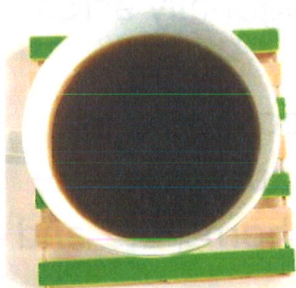
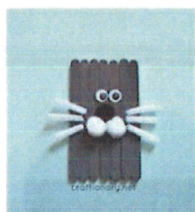
- Large and small popsicle/craft sticks
- Markers/paint
- Google eyes
- Construction paper/foam 'paper'
- Scissors
- Glue

## INSTRUCTIONS:

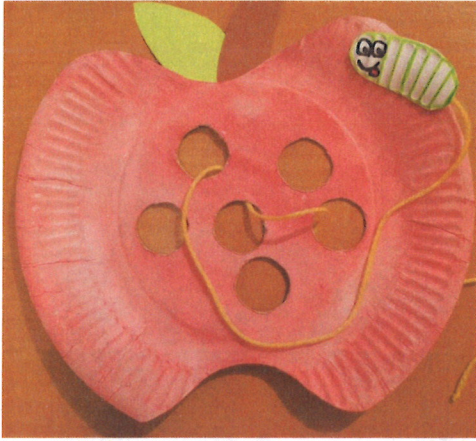
- Color or paint sticks as desired
- Place 5-7 sticks next to one another, color side facing down
- Take one additional stick and glue it diagonally across back of sticks
- Turnover & decorate (use scissors and paper to create mouth, teeth, horns, etc. and google eyes)

## MODIFICATIONS:

- Use colored Popsicle sticks to create other items such as animals, picture frames, coasters, etc.



# LACING



## SUPPLIES NEEDED:

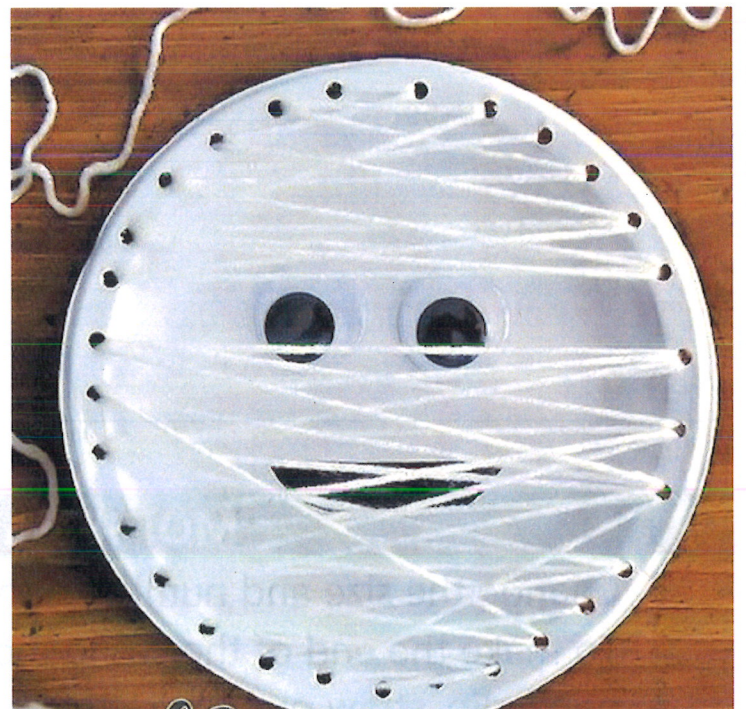
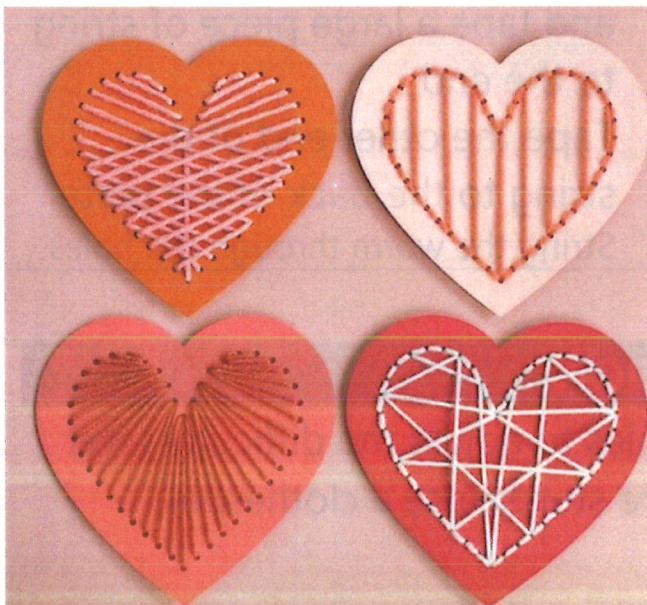
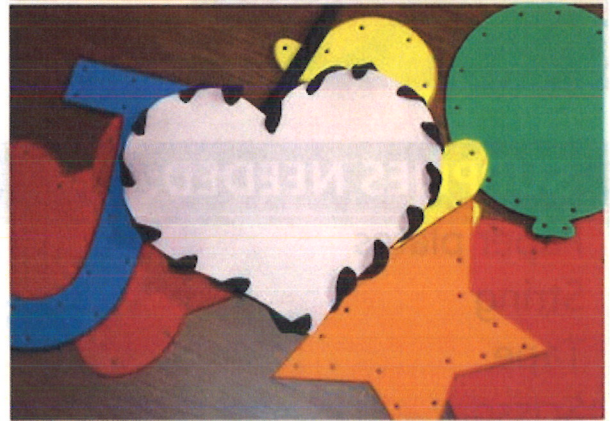
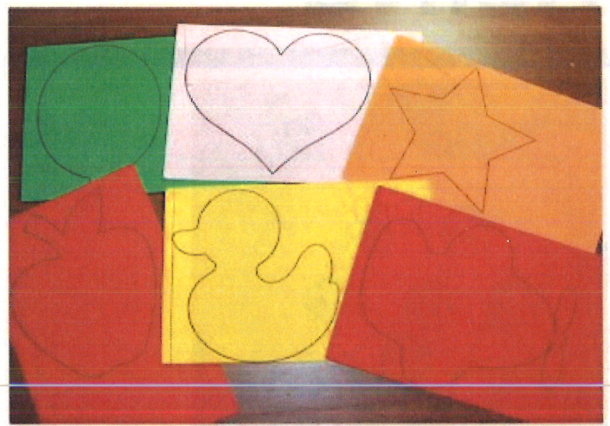
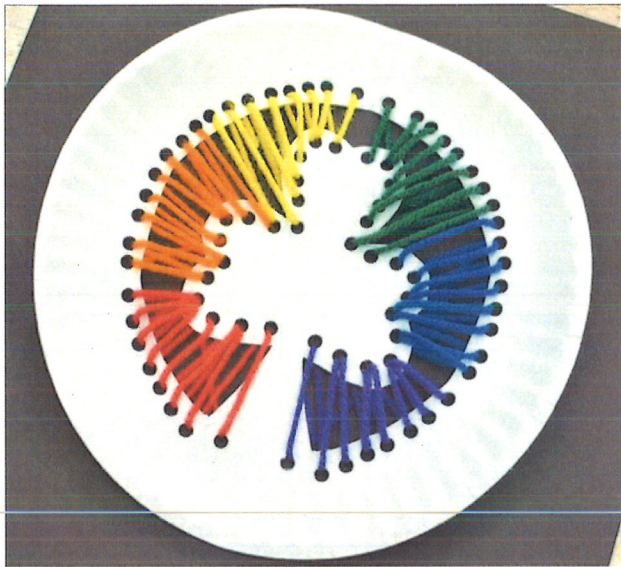
- Paper plates
- String
- Tape
- Scissors
- Markers

## INSTRUCTIONS:

- Cut an apple shape out of your paper plate
- Cut holes in the center of the plate
- Use markers/paint to decorate the apple
- Create your worm using a portion of the cut out plate, and tape a large piece of string to the end
- Tape the other end of the string to the back of the plate
- String the worm through the holes

## MODIFICATIONS:

- Change the size and number of holes to adjust the difficulty level
- To make the end of the string more sturdy, use a clothespin, paperclip, straw or popsicle stick



# THUMBPRINT PAINTING



## SUPPLIES NEEDED:

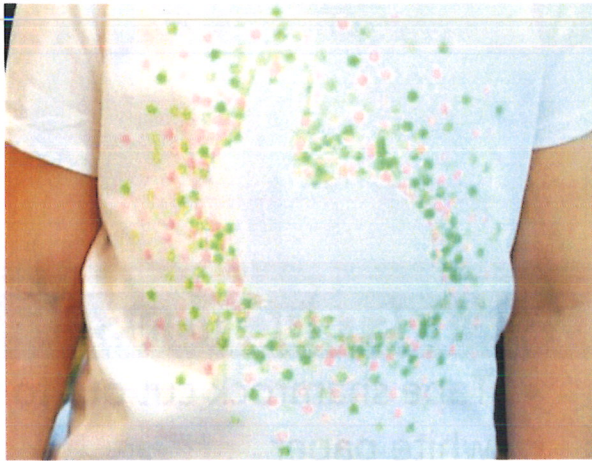
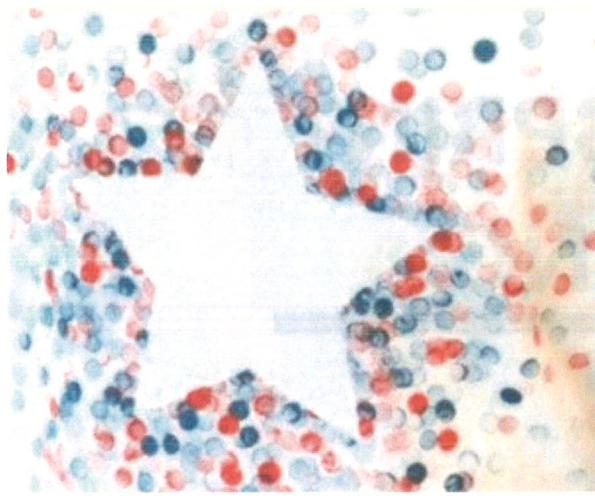
- White paper
- Green paint
- Shamrock cutout
- Tape

## INSTRUCTIONS:

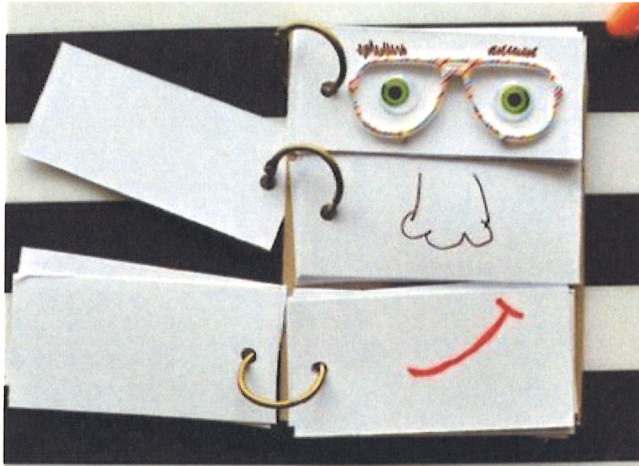
- Tape shamrock cut out to white paper
- Dip thumb into green paint, place thumb on white paper around entire perimeter of shamrock cutout
- Place thumb prints to the edge of paper

## MODIFICATIONS:

- Use pencil eraser, pom-poms or sponge in place of thumb – use clothespin to grasp if needed
- Use bingo markers in place of thumb and paint
- Use balloons and butcher paper for one large/group painting
- Use alternative shape cut outs for a holiday or theme
- Use alternative paint surface such as a tee-shirt or cloth bag
- Paint inside a shape rather than around an outline



# FUNNY FACE FLIP BOOK



## SUPPLIES NEEDED:

- Index cards/cardstock paper
- Cardboard
- Markers
- Google eyes
- Rings
- Hole punch

## INSTRUCTIONS:

- Cut out cardstock if using
- Cut cardboard
- Hole punch index cards/cardstock and cardboard
- Attach all items onto rings
- Draw facial features: top = eyes, middle = nose, bottom = mouth

## MODIFICATIONS:

- Prep book for participants, provide facial expression stickers in place of drawing

# CUP PUMPKINS



## SUPPLIES NEEDED:

- Plastic cups (colored cups optional)
- Paint/paint brushes (optional/if needed)
- Popsicle sticks
- Pipe cleaners
- Black marker
- Scissors

## INSTRUCTIONS:

- Paint cups (if necessary), allow to dry
- Use marker to draw face
- Use scissors to puncture hole in bottom of cup, insert popsicle stick
- Wrap pipe cleaner to popsicle stick

## MODIFICATIONS:

- Provide stickers for face
- Use cups for alternative crafts such as cup animals, holiday crafts, etc.



# COFFEE FILTER FLOWERS

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## SUPPLIES NEEDED:

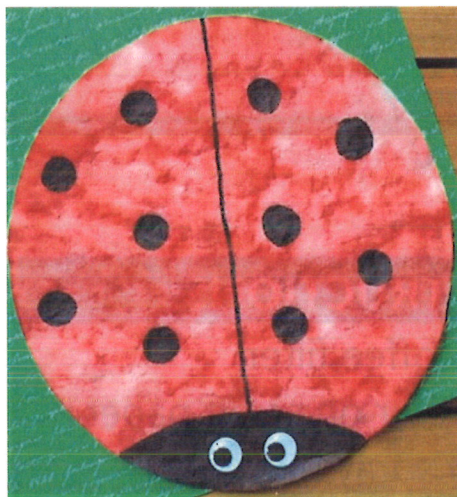
- Coffee filter
- Washable markers
- Pipe cleaner(s)
- Spray bottle with water
- Scrap Paper

## INSTRUCTIONS:

- Color coffee filter
- Place filter on scrap paper
- Lightly spray filter with water, let dry
- Twist middle of filter, attach pipe cleaner for stem

## MODIFICATIONS:

- Glue middle of coffee filter to construction paper, color middle of filter and use crayon to draw stem
- Use colored coffee filter to create other items such as butterflies, trees, monsters, etc.



# WA! HAND GAME



## SUPPLIES NEEDED:

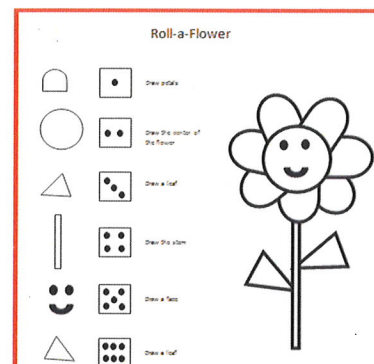
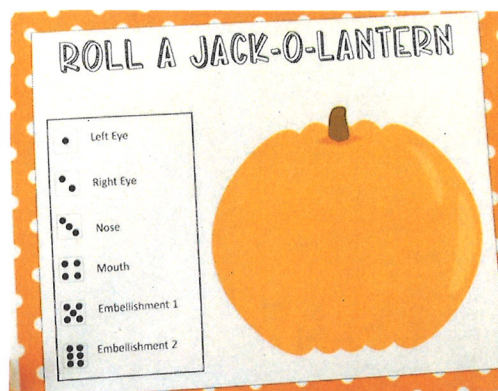
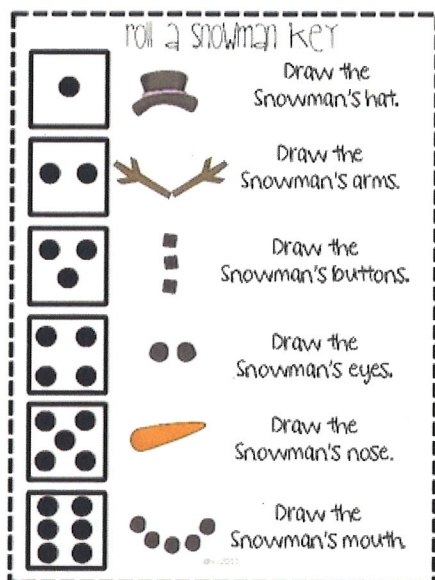
- 5 or more players
- Example video:

<https://www.youtube.com/watch?v=2eKfB1tWZGg>

## INSTRUCTIONS:

- Everyone stands in a circle facing each other
- Fun way to start: Then everyone extends both of their hands into the middle of the circle. Everyone says "Waaaaaaaah" & moves their fingers
- One person will start the game by putting their hands together and saying "Wah!" while pointing to someone else in the circle
- When this happens, everyone should put their hands together (throughout the whole game) pointing down in front of them
- The person who is pointed at quickly puts their hands together over their head and yells "Wah!". At the same time, the people on either side of that person "chop them in half" with their hands and yell "Wah!"
- The person with their hands raised then yells "Wah!" and points to someone else in the circle
- People are out when they react too slowly, do the wrong hand signal, or forget to yell "Wah!"

# ROLL THE DICE



## SUPPLIES NEEDED:

- Dice
- Paper/Instructions
- Markers
- Glue (optional)

## INSTRUCTIONS:

- Have individuals take turn rolling the dice
- First person to finish their picture wins

## MODIFICATIONS:

- If individuals are unable to draw themselves have cut outs of each piece that they can glue on a piece of paper
- Use a large dice if a normal dice is too hard to hold
- 'Build' alternative shape based on holiday or theme (e.g. leprechaun, turkey, bunny, etc.
- Team - first team to have all teammates complete a snowman win
- Use a timer, which team can have the most complete snowman within \_\_\_ amount of time

# BEAN BAG TOSS

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## SUPPLIES NEEDED:

- 10 bean bags
- 3 hula hoops
- 5 cones

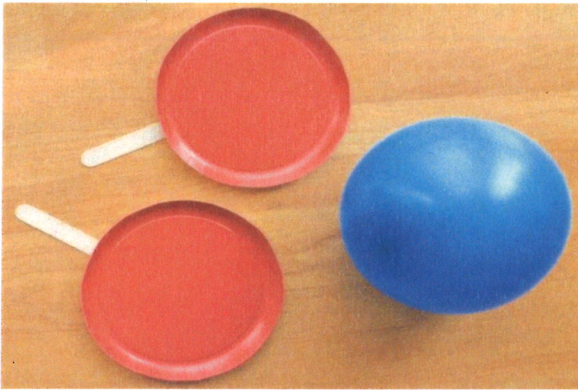
## INSTRUCTIONS:

- Split group into two teams and have each individual go once at a time
- Activity 1: Balance Bean Bag on Head- Have individuals do heel-toe walking, weaving around cones.
- Activity 2: Bean Bag Relay- Instruct individuals to stand in a line (so they are facing the back of the person in front of you). The individual in front of the line will pass the bean bag over their head to the person behind them, they will continue until the bean bag reaches the last person.
- Activity 3: Hula Hoop Toss- All participants will stand in a line and toss their bean bag into a hula hoop that is on the floor (hula hoops will be at different distances).

## **MODIFICATIONS:**

- Activity 1- If individual cannot balance bag on their head; they can balance it on their hand, shoulder, etc.
- Activity 2- If individual cannot reach over their head; they can pass it from their side.
- Activity 3- If individual cannot throw bean bag into the hoop, then turn a cone upside down and have staff bring cone to the individual.

# BALLOON TENNIS



## SUPPLIES NEEDED:

- One balloon
- Two paper plates
- Two popsicle sticks
- Tape

## INSTRUCTIONS:

- Blow up balloon
- Tape one popsicle stick to each plate
- Split group into teams and pick a player to start the tennis match
- After 1 minute, have two new members go

## MODIFICATIONS:

- If individual playing utilizes a wheelchair, have other player sit in a chair.
- If individual is unable to grip the popsicle stick, then you can utilize an object that is wider (ex: toilet paper roll).

# MATCHING GAME



## SUPPLIES NEEDED:

- Paper (can also use paper plates)
- Markers (draw your own pictures)

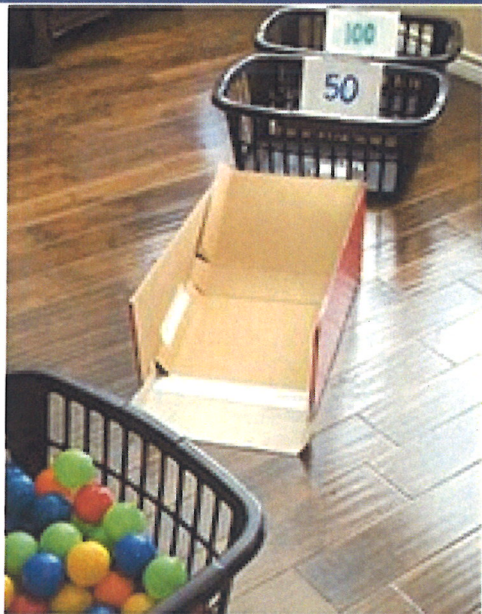
## INSTRUCTIONS:

- Line up pictures to make even columns and rows
- One at a time have individuals flip over two cards to find a match
- If they get a match have them go again. If the cards do not match it is the next players turn

## MODIFICATIONS:

- Turn it into a relay race
- Add additional cards to increase the difficulty level

# SKEE BALL



## SUPPLIES NEEDED:

- Laundry Baskets or buckets
- Ball pit balls
- Cardboard boxes
- Number signs
- Tape

## INSTRUCTIONS:

- Using cardboard boxes and tape create a ramp
- Place the laundry baskets/buckets in a row behind the ramp
- Label each basket a different value
- Have individuals stand in front of the ramp and roll the balls off the ramp trying to get the balls to land in the baskets

# HUNGRY HUNGRY HIPPOS



## SUPPLIES NEEDED:

- 20 balloons (10 red balloons and 10 blue balloons)
- 2 paper plates (1 red plate and 1 blue plate)
- 2 popsicle sticks
- Hot glue or tape
- Timer

## INSTRUCTIONS:

- Blow up all 20 balloons and place in the middle of the open room
- Glue or tape one popsicle stick to the end of both paper plates (it should look like a paddle)
- Split group into even teams and provide each team with one paddle
- Have the individuals choose a player from each team to go first. At the start of a timer, the two players will need to collect all the balloons that are associated with their colored paddle. The players will need to pick up the balloon with the paddle and then bring it back to their team within 1 minute.

# GLOW STICK BOWLING



## SUPPLIES NEEDED:

- 10 bottles
- Water
- 10 glow sticks in a variety of colors
- Soccer Ball

## INSTRUCTIONS:

- Add water to bottles
- Crack glow sticks to activate
- Add 1 glow stick to each bottle
- Line up bottles in 4 rows: starting in back... 4, 3, 2 & 1
- Each participant gets two rolls of the soccer ball per turn to knock down as many pins possible

## MODIFICATIONS:

- Change the size of the ball to make it easier or harder for each individual
- If individuals are unable to roll the ball on the ground set up the water bottles on a table and have them push the ball across the table

# BOTTLE FLIP RELAY



## SUPPLIES NEEDED:

- Various plastic bottles (soda or water)
- Water
- Video Example:  
<https://www.youtube.com/watch?v=Vae9gO9Sk3Q>

## INSTRUCTIONS:

- Split into teams (2 or more)
- Place water bottles on table
- Team will race, one team member at a time, to the table to flip the bottle
- If the bottle landed correctly (right side up) on the table, the next player races to do another bottle
- If the bottle did not land correctly, team member 2 must try to flip that bottle
- Teams continue to race until all bottles have been flipped, right side up by one team

## MODIFICATIONS:

- To make it more challenging, you can play the game with the bottles on the ground

# CUPSIDE DOWN



## SUPPLIES NEEDED:

- Solo Cups

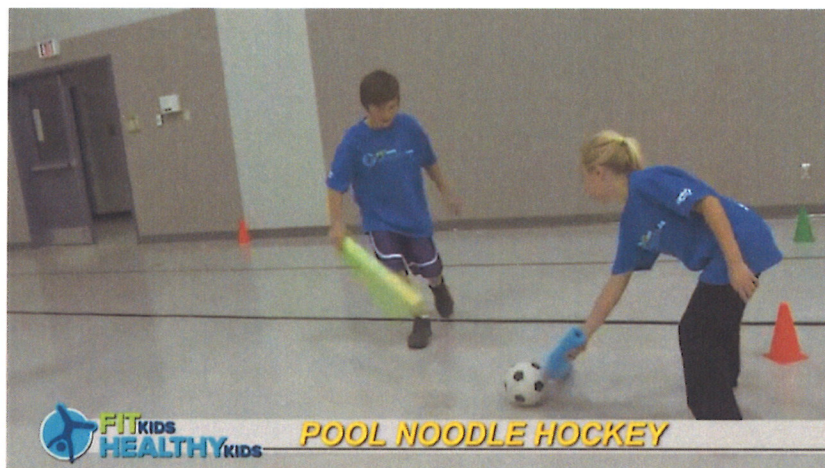
## INSTRUCTIONS:

- Staff place  $\frac{1}{2}$  cups face up &  $\frac{1}{2}$  face down throughout the program space. *(Place them at random, for ex: Don't put all the face up cups in one place)*
- Split into 2 groups
- Start a timer (recommended 1-2 minutes)
- The 2 teams try to have the cups placed in their team's orientation (up or down)
- The team with the most cups in their orientation wins

## MODIFICATIONS:

- For easier game or adapted for individuals using wheelchairs, walkers or limited mobility, play on a table top
- To play with more groups, have multiple colors of cups

# POOL NOODLE HOCKEY



## SUPPLIES NEEDED:

- Pool noodles
- Soccer ball
- Cones
- Balloon (optional modification)

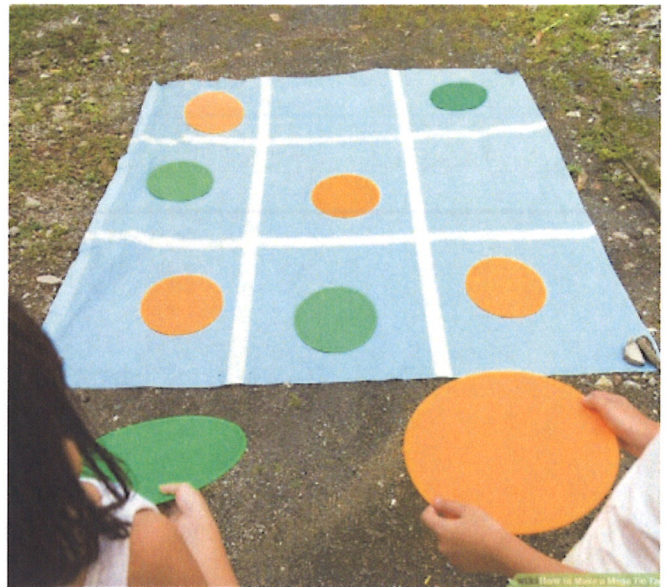
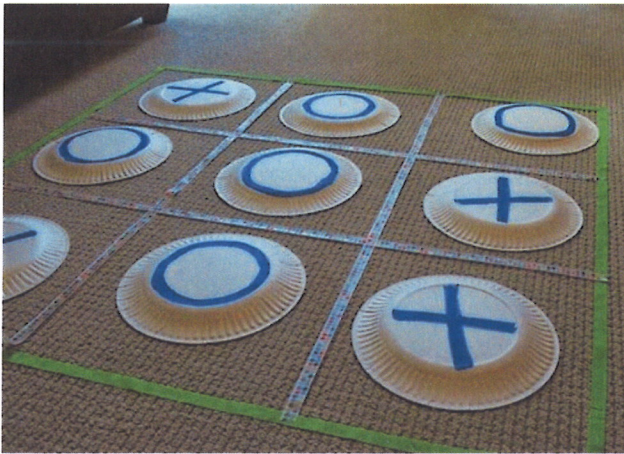
## INSTRUCTIONS:

- Split into 2 teams
- Players use pool noodles to move the soccer ball (puck)

## MODIFICATIONS:

- Use a balloon instead of a soccer ball for easier manipulation

# TIC-TAC-TOE



## SUPPLIES NEEDED:

- Board
  - Masking Tape
  - Shower Curtain (optional)
- X's & O's
  - Paper plates & markers
  - Two different colored bean bags
  - Two different colored Frisbees

## INSTRUCTIONS:

- Use the masking tape to create your tic-tac-toe board
  - Make your tic-tac-toe board on a shower curtain to reuse it over again

## MODIFICATIONS:

- Change the size of the board or the size of the X's & O's for difficulty level
- If an individual is unable to throw have them walk to the spot they would like to put their X's/O's on

# SNOWBALL FIGHT

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## SUPPLIES NEEDED:

- Newspaper

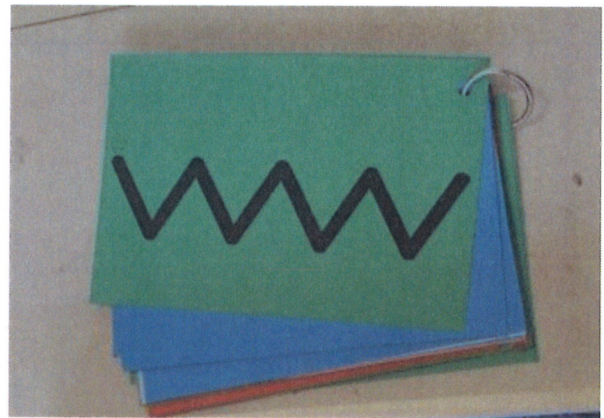
## INSTRUCTIONS:

- Have individuals crumble newspaper into balls

## MODIFICATIONS:

- Instead of having participants throw the balls at each other, separate the group into two teams. Create a center line that the teams cannot cross. Place the balls in the center and see which team can get all of the balls on one side.

# RAINBOW SALT WRITING



## SUPPLIES NEEDED:

- Baking pan
- 2-3 containers of salt
- Different color construction paper
- Masking tape or contact paper

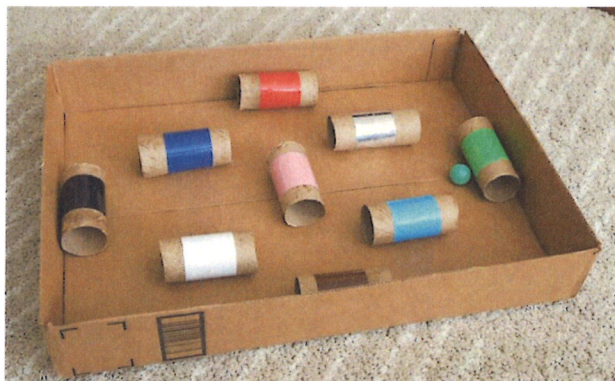
## INSTRUCTIONS:

- Cut enough construction paper into strips to fill the length of the baking pan.
- Tape the strips of paper together or use contact paper. Just enough to make a laminate over the strips.
- Tape the finished strips to the pan and then dump salt over the pan.
- Have images available for individuals to try and write in the salt.

## MODIFICATIONS:

- If individual does not want to utilize their finger to write in the salt, then give them a Q-tip or an object that will trace in the salt

# MARBLE RUN



## SUPPLIES NEEDED:

- Cardboard Box
- Paper towel rolls or toilet paper rolls
- Duct tape
- Marbles

## INSTRUCTIONS:

- Prepare Box-cut flaps off and make sure box has a smooth surface
- Attach rolls to the box with duct tape, spacing the rolls apart throughout the box
- Put the marble in the box and have individuals move the box back and forth to get the marble to go through the rolls
- Add in more marbles to make it more challenging

## MODIFICATIONS:

- Staff can assist holding the box at the same time to assist in controlling how the marble moves
- Use a bigger ball and have individuals push the marble through the maze

# MILK SCIENCE ART



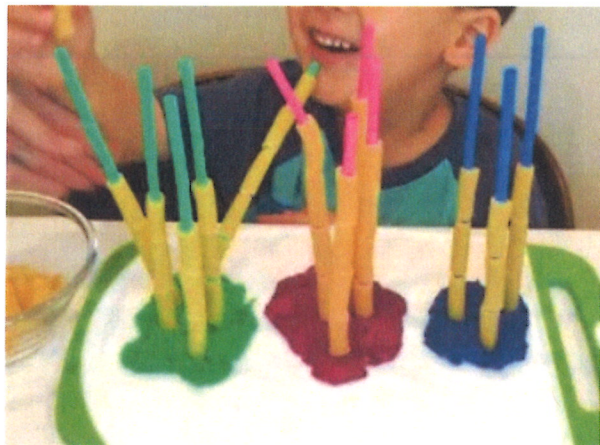
## SUPPLIES NEEDED:

- Small Plate
- 2% Milk
- Liquid food coloring
- Dish soap
- Q-tip

## INSTRUCTIONS:

- Pour enough milk to cover the bottom of the plate
- Drip one drop of each color on to the surface of milk
- Grab Q-tip and coat one end with a drop of dish soap
- Press soapy end of Q-Tip into food coloring, where the colors intersect
- Keep it in place for 10-15 seconds
- Continuing moving the Q-tip from one spot to the other, watching colors swirl together

# STRAW, PASTA & PLAYDOUGH



## SUPPLIES NEEDED:

- Box of straws
- Play Dough
- Rigatoni Pasta
- Baking sheet

## INSTRUCTIONS:

- Take playdough and roll them into balls and pressing flat onto the baking sheet
- Stick straws into the flattened play dough
- Have individual start sliding pasta onto the straw and see how many past noodles the straws can hold

## MODIFICATIONS:

- If individual is unable to use fine motor skills to put the pasta on the straw provide hand over hand assistance.
- Have the individual guess how many noodles will fit onto the straw
- If an individual does not want to touch the playdough have them use a roller to roll the play dough out.

# DIY HARMONICA



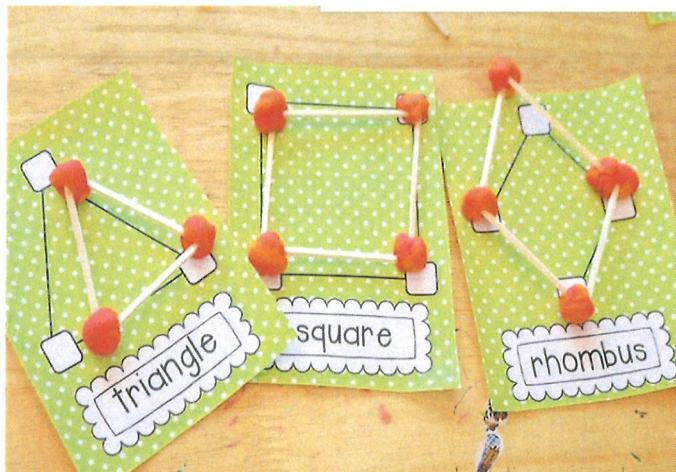
## SUPPLIES NEEDED:

- Jumbo craft sticks (2)
- A wide rubber band
- Small rubber band (2)
- A straw
- Scissors

## INSTRUCTIONS:

- Cut two pieces of straw that are 1-1.5 in long
- Stretch the thick rubber band around one of the craft sticks.
- Place the two pieces of straw 1in away from each end of the craft stick underneath the large rubber band
- Put the other craft stick on top and attach the two sticks together using a small rubber band on each side

# CRAFT STICKS & PLAY DOUGH



## SUPPLIES NEEDED:

- Craft Sticks
- Play Dough
- Shape Cards

## INSTRUCTIONS:

- Give each individual a chunk of play dough to be divided into small pieces and craft sticks
- Give each individual a shape card and have them form the sticks and dough into the shape signified on the card

## MODIFICATIONS:

- Hand over hand assistance with rolling play dough into small pieces
- Have individuals try to make the tallest tower (set a time limit)

# BALLOON TOWER



## SUPPLIES NEEDED:

- Package of balloons
- Masking tape
- Large piece of construction paper
- Scissors

## INSTRUCTIONS:

- Blow up all the balloons
- Cut tape into small pieces
- Put the piece of construction paper on the ground or table top and tape of few balloons to the paper
- Start stacking the balloons on top of one another by using the pieces of tape

## MODIFICATIONS:

- If individuals are unable to blow up balloons or hold onto balloon, then have them pick the colors that they think the balloon tower should go in.

# WALKING RAINBOW



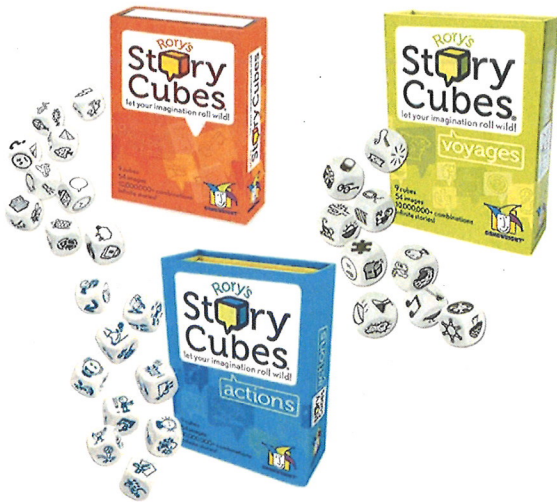
## SUPPLIES NEEDED:

- 6 plastic cups
- Food coloring (red, yellow, blue)
- Paper towels
- Water

## INSTRUCTIONS:

- Fill three cups full of water. Add red food coloring to one, blue to another, and yellow to another.
- Fill the other three cups full of water only.
- Form a circle with all the cups, alternating a colored cup and a cup full of water.
- Roll the paper towels into tube-like pieces and put one end in a color cup and the other in a water cup.
- Paper towels will start soaking up the water right away, but process takes several hours to start mixing.

# STORY CUBES



## SUPPLIES NEEDED:

- Story Cubes by Gamewright
- (Optional) Paper/markers or printed pictures

## INSTRUCTIONS:

- Each player takes turns rolling the dice and creating a story that includes all images

## MODIFICATIONS:

- If you don't have Story Cubes, you can create images and print them or draw them on paper with marker or crayons

# ULTIMATE NINJA

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## SUPPLIES NEEDED:

- 3 or more players
- Example Video:  
<https://www.youtube.com/watch?v=F-B0ljpRsGw>

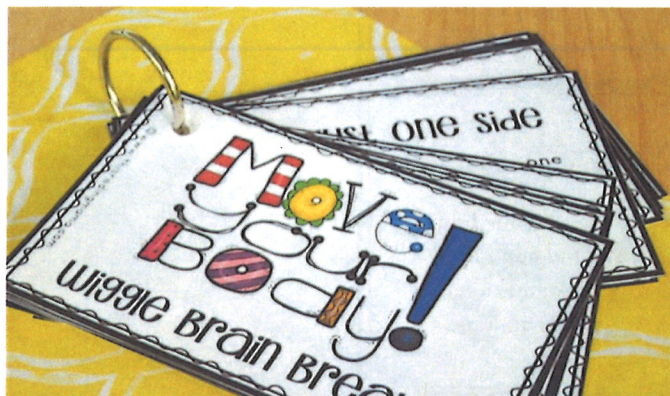
## INSTRUCTIONS:

- All players stand towards the center of a room
- Everyone says "Ultimate... Ninja!" & then, poses in a ninja stance
- Choose one person to begin the game
- On a person's turn, he/she may try to strike someone's hand with one motion, or he/she can move one step
- After their motion, it immediately becomes the next person's turn
- The second person can immediately try to strike someone's hand or take a step in any direction
- You are allowed to dodge in one motion when you think someone is trying to strike your hand; however, you must hold this new pose after you dodge
- Ex: when John tries to hit Sally's hand, Sally is allowed to move her arm backwards to dodge; however, Sally must hold this new pose until it's her turn (or until someone else tries to strike her hand)

## **MODIFICATIONS:**

- To make it simple, allow for more than one move by each player
- To eliminate touching, players can try to touch a cone that the leader moves throughout the game

# MOVEMENT CARDS



## SUPPLIES NEEDED:

- Key ring holder
- Movement cards
- Hole punch

## INSTRUCTIONS:

- Create movement cards by picking gross motor movements (see below for examples)
- Hole punch cards and put on key ring
- Have individuals pick a card and have them demonstrate the movement, followed by the group

## MODIFICATIONS:

- If individual has restrictive movement, then staff can assist with hand over hand as best as possible.
- If individual has restrictive movement, then have them pick which movement the group does.

# Move Your Body!

## Wiggle Brain Breaks



### toe touches

Bend down and touch your toes, then stand back up. Do it again.



### carry books

Pick up books and carry them across the room as you walk.



### stretch it out

Stretch your body out. You can stretch your arms, neck, sides, or legs.



### Jumpin' Jacks

Do as many jumping jacks as you can until time is up.



### one foot hop

Hop on one foot as many times as you can until time is up. Switch feet if you need to!



### Dance Party

Find an upbeat song and dance, dance, dance!



### Just Jump!

Jump up. You can jump like a kangaroo, frog, or just as you!



### Jog in Place

Stay in your spot and jog in place. If space allows, jog around.



### Stomp! Stomp!

Stomp, stomp, stomp your feet...one, then the other. How loud can you stomp?



### Very Video

Pick an online video and MOVE! (Be sure an adult helps you find the right video.)



### Walk in Place

Stay in your spot and walk in place. If space allows, walk around.

# CUP STACKING



## SUPPLIES NEEDED:

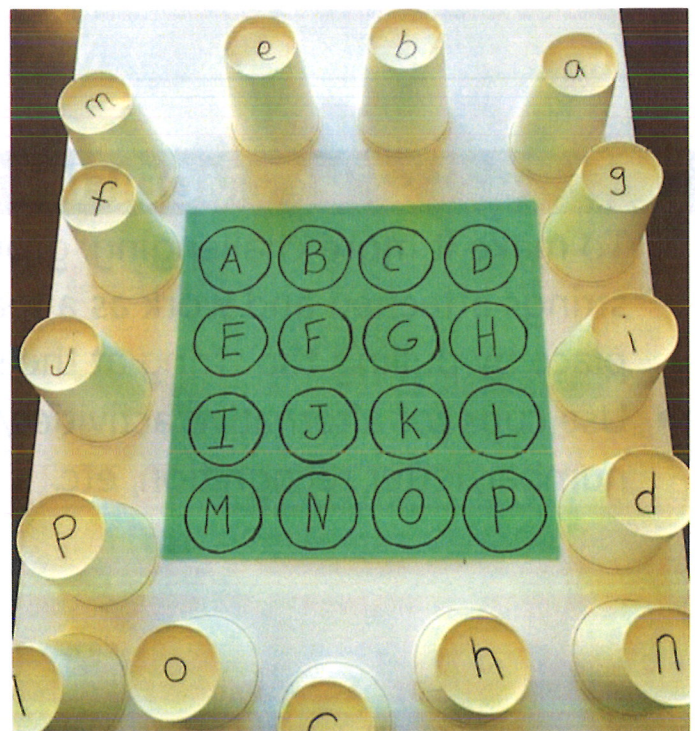
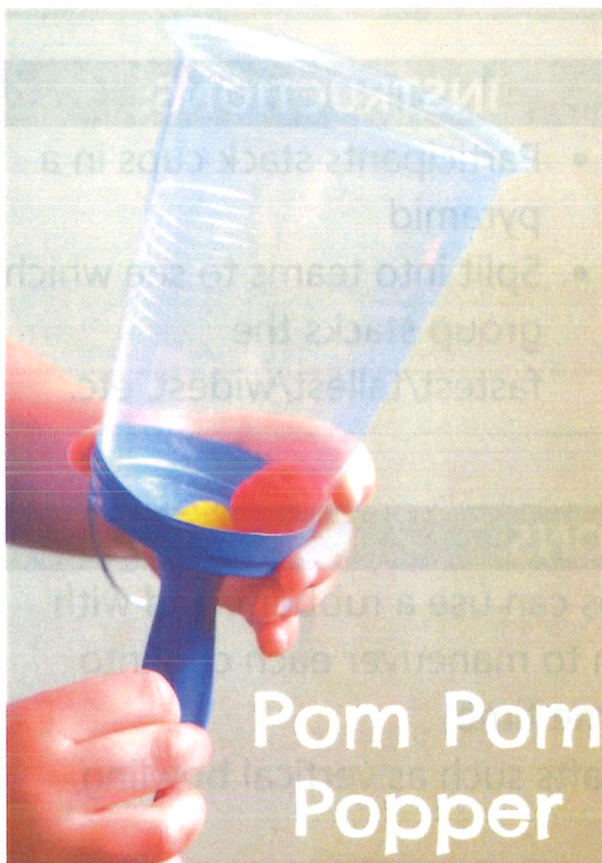
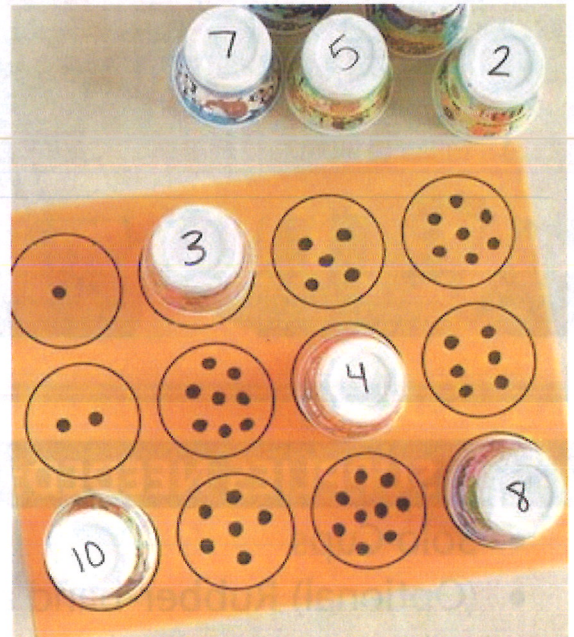
- Solo Cups
- (Optional) Rubber-band and string

## INSTRUCTIONS:

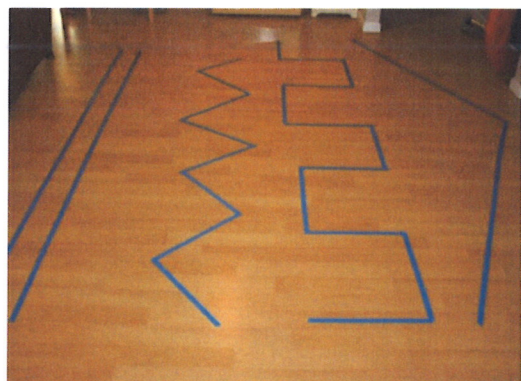
- Participants stack cups in a pyramid
- Split into teams to see which group stacks the fastest/tallest/widest, etc.

## MODIFICATIONS:

- To make it more challenging, groups can use a rubber-band with strings attached and work as a team to maneuver each cup into place by pulling the string at the same time.
- Use cups for alternative activities/crafts such as vertical bowling, number/letter recognition, etc.



# BALANCE LINES



## SUPPLIES NEEDED:

- 1 roll of painters tape
- Wide open room

## INSTRUCTIONS:

- Set up your balance lines utilizing the masking tape (see images below)
- Image 1- Have individuals do heel toe walking following the motion of the lines
- Image 2- Have individuals follow agility ladder by stepping in the box with both feet and then stepping out of the box with both feet
- Image 3- Have individuals jump from line to line

## MODIFICATIONS:

- If individual needs more guidance beyond verbally telling them how to do the lines, then have staff model alongside of the individual.

# GIANT WORD SEARCH



## SUPPLIES NEEDED:

- Construction paper
- Masking tape
- Black & colored markers

## INSTRUCTIONS:

- On a large piece of construction paper write out your top row of letters (this set the width of the board)
- Next make a column of letters down the left side of the paper (this will set the length of the board)
- On a separate piece of paper create the words you want to search for
- Once you have your words fill in the remainder of the board with letters lining them up with the guides

## MODIFICATIONS:

- Easy board –
  - Have all words read horizontal or vertical
  - Use short words (3-4 letters)
  - Instead of using words have individuals search for one letter (count all the A's on the board)
  - Use pictures instead of letters
- Difficult board –
  - Add in words on a diagonal or backwards
  - Longer words

# I SPY

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## SUPPLIES NEEDED:

- None

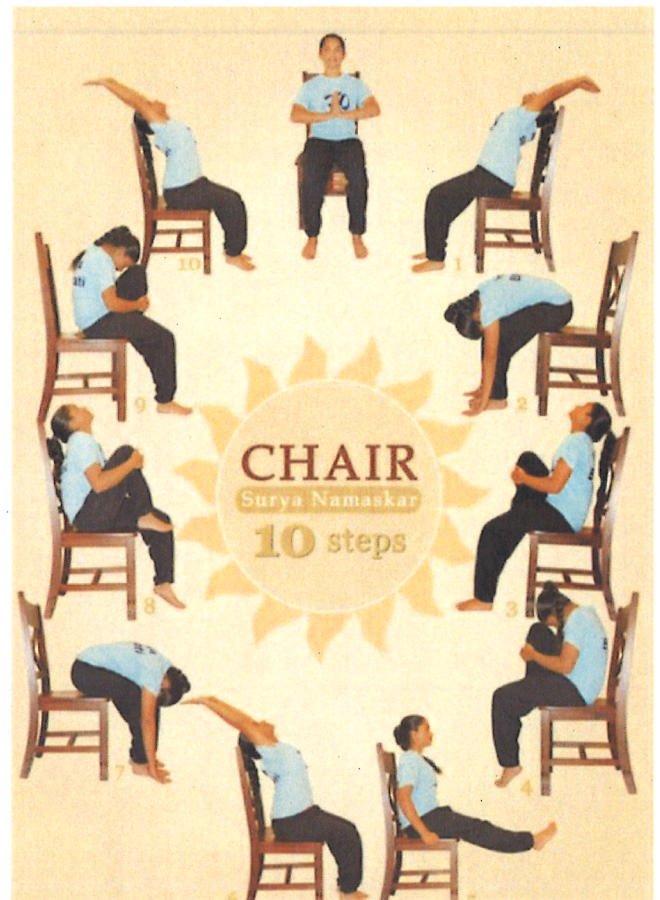
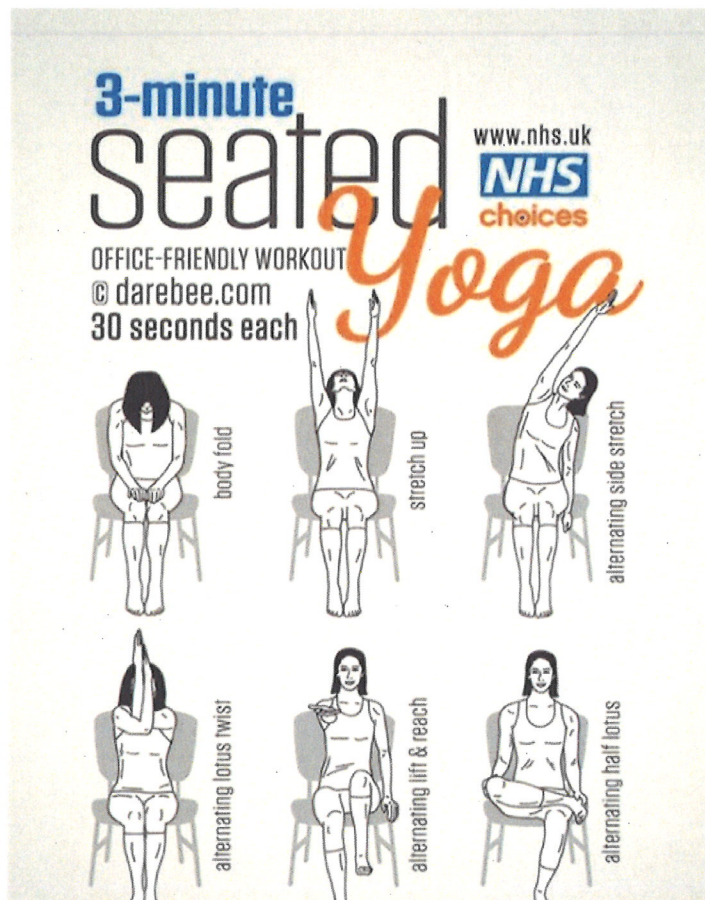
## INSTRUCTIONS:

- Leader begins by choosing an object, stating, "I spy with my little eye....something....(fill in the blank)"
- Participants take turns guessing

## MODIFICATIONS:

- This game can be played anywhere (including the bus)
- Simplify the object with your children or individuals with special needs using colors/shapes
- Provide hints when needed.

# SEATED YOGA



## SUPPLIES NEEDED:

- Chairs
- Timer

## INSTRUCTIONS:

- Have each individual sit in a chair and follow along to the instructor's yoga poses for 30 seconds.

## MODIFICATIONS:

- If individuals are unable to hold the positions on their own have staff assist with applying hand over hand assistance

# YOGA



## SUPPLIES NEEDED:

- Yoga mat
- Timer

## INSTRUCTIONS:

- Have each individual sit on a yoga mat and follow along to the instructor's yoga poses for 30 seconds.
- All poses are in the pictures below

## MODIFICATIONS:

- If individuals are unable to hold the positions on their own have staff assist with applying hand over hand assistance

# PUZZLES



## SUPPLIES NEEDED:

- Cereal Boxes
- Scissors

## INSTRUCTIONS:

- Cut the front of the cereal boxes out
- Cut different shapes to create your puzzle pieces

## MODIFICATIONS:

- Easier Puzzles - cut out bigger pieces, make all the pieces one shape (ie. All pieces are square)
- Difficult Puzzles – cut out smaller pieces, add multiple cereal boxes to the pile and have individuals try to separate them
- If individual has a difficult time picking up the pieces use a thicker piece of card board and glue the pieces to it
- Add a magnet to the back of each piece and have individuals make the puzzles on a white board

# SPIN, ROLL & COUNT



## SUPPLIES NEEDED:

- Paper Plate
- White Paper
- Hole Punch
- Glue
- Die or Dice
- Split Pins
- Construction Paper

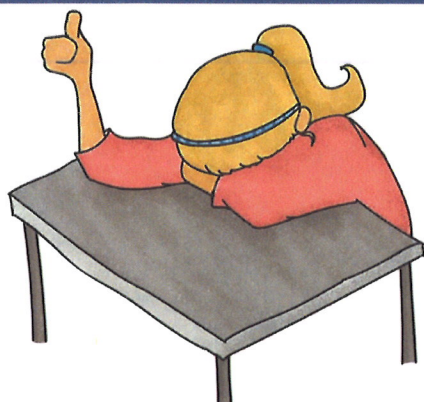
## INSTRUCTIONS:

- Print out printable templates, cut and glue onto plate
- Cut arrow out of construction paper, hole punch at end of arrow and
- Poke hole in center of plate for the arrow and split pin

## MODIFICATIONS:

- If individual is unable to spin arrow, then have them pick a color that is associated with the action on the spinner.

# HEADS UP, 7 UP



## SUPPLIES NEEDED:

- 14 or more players

## INSTRUCTIONS:

- 7 players start at the front of the room.
- Remainder of players put their heads in down with eyes closed or onto a desk buried in one of their arms.
- Players with eyes closed place one hand in front with their thumb up.
- The 7 players "it" walk around the space and each choose 1 player by tapping their thumb.
- Once those "it" have each picked someone, they chant "Heads up, 7 up!"
- Players get to guess who chose them. If they are correct, they switch places.

## MODIFICATIONS:

- The game can be played in partners (with staff or peers).
- If the group is smaller, have less people "it" and change the name. For example, if you have 8 people, you can call it "Heads Up, 4 Up!"

# ALPHABET BUS RIDE GAME



## SUPPLIES NEEDED:

- 2 or more players

## INSTRUCTIONS:

- Each player tries to find the letters of the alphabet, in order, on road signs or nearby buildings.
- When a player sports the letter, they must call out the letter and the word that starts with it or the word it is in, such as "B in Bingo"

## MODIFICATIONS:

- Staff can team up with participants to help with reading