



Home-based Sensory Movement Strategies

1. Carry heavy items (i.e., laundry baskets, groceries, books in backpack, pillow cases with objects, etc.)
2. Chew gum, eat chewy or crunchy foods, or sip water from a water bottle with a straw while doing homework
3. Push or pull a box or laundry basket with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor)
4. Propel self on tummy down on skateboard, scooter board, therapy ball
5. Help with household chores:
 - vacuum, sweep, mop, dust
 - move wet clothes from washer to dryer, carry laundry baskets and fold towels
 - help put groceries away
 - wash the car
 - wipe off table after dinner
 - carry buckets of water for cleaning or water plants
 - clean windows using spray bottle or squirt bottle play
 - scrub using a scrub brush
 - take out the trash
 - clean up toys
6. Help with yard work:
 - rake the grass/leaves
 - push wheelbarrow
 - shovel sand/dirt into a wheelbarrow, push and dump
 - shovel snow
 - dig dirt to plant flowers
7. Go sledding, make snow angels, build a snow fort or snowman
8. Drink thick liquids (i.e., milkshake, applesauce, pudding or smoothie) through a straw. The size of the straw and the thickness of the liquid can vary to change the degree of resistive suck required.
9. Have pillow fights or play tug-of-war
10. Dig in dirt, mold modeling clay into objects, remove small items from putty
11. Push the grocery cart at the store
12. Encourage hands and knees positioning during play (i.e., cars, drawing, sidewalk chalk, building, etc.)
13. Open and hold doors for people
14. Play jumping games such as jump rope and bouncing on rebounder

15. Play catch, bounce, roll or steam roller with a large exercise ball or weighted ball
16. Do wheelbarrow or animal walks: crab walk, bear walk, snack crawl
17. Pull a mattress down to the floor for safe jumping, crashing or sliding in to
18. Hang from pull up bar, tuck knees in and out, banded (assisted) pull/chin-ups, shoulder shrugs
19. Wall sits, plank holds, downward dog, hollow/arch (superman position) holds, donkey kicks, sit ups, tuck opens, wall walks, shoulder taps in plank or wall walk position, headstands, tuck squeezes.