



YOUTUBE FREEBIE

10 Easy and Fun Play Tunnel Games and Sensory Activities

Tunnels are an incredibly versatile item and can be used for a variety of ages and abilities!
Don't have a tunnel? DIY using blankets and chairs!

1 CRAWL FORWARDS

Just as simple as it sounds!

2 CRAWL BACKWARDS

Switch it up and crawl backwards! Great for motor planning!

3 CLIP TOYS ON EITHER SIDE

Using clothespins, chip clips, or any type of clip - clip toys or socks or any other toy item on one or both sides of the tunnel. Have your child crawl back and forth to un-clip and gather the toys!

4 PUSH A HEAVY BALL

This is a great heavy work / proprioceptive activity.

5 FLASHLIGHT TAG

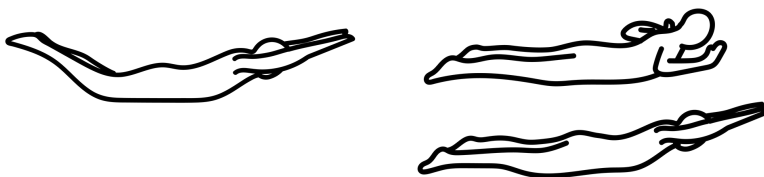
Turn off the lights and give your child a flashlight. While they are inside the tunnel, have them shine the flashlight on a certain spot for you to "catch" or tap the light. Then switch - you shine the flashlight inside the tunnel for your child to "catch" the light.

6 SCOOT / SLITHER ON BACK

Have your child scoot or "slither" on their back through the tunnel (you'll likely need to hold one end so the tunnel doesn't bunch up). This is a great activity to target the [Spinal Galant Reflex](#).

7 SUPERMAN / HALF SUPERMAN

Laying on their stomach in the tunnel, have your child hold a superman or a half superman pose for as long as they can! Great for targeting the [TLR](#) and the [Landau Reflex](#).



8 PUSH A BALL WITH HEAD

Have your child push a lightweight ball (playground ball, tennis ball, etc.) with their head through the tunnel. This activity directly targets the STNR.

9 STAND INSIDE THE POPUP TUNNEL

Have your child stand up inside the tunnel, with the tunnel also “standing” vertically (vs. laying on the floor). Try to walk or hop around obstacles!

10 LOG ROLL

While laying inside the tunnel, start to log roll around. Make sure to roll both directions!

Want more?!

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- Primitive Reflex Digital Course
- Infant and Toddler Digital Course
- Sensory Diet Digital Course
- And MORE!

<https://harkla.co/collections/courses>