



10 Sensory Activities with a Therapy Exercise Ball



YOUTUBE FREEBIE

A therapy / exercise / yoga ball is an incredible tool to have, not just in a pediatric OT clinic, but also at home and at school!
Try some of these activities ASAP!

1 SEATING OPTION

A therapy ball is a GREAT seating option.

Instead of sitting in a chair that provides no movement opportunities, a therapy ball not only provides this but also supports a more upright posture (vs. a slumped posture).

There are options that include:

- [Ball seat with "legs"](#)
- [Ball seat with an actual chair](#)

2 BALL WALK OUT

A simple ball walk out is a great activity to provide a combination of vestibular and proprioceptive input, as well as can be used as a sensory diet activity, a warm-up activity before handwriting (due to the fact that a ball walk out activates the core, upper body, and hand muscles!), or even just for fun!

- Lay on your stomach over the ball and place your hands on the ground
- "Walk out" with your hands, keeping your lower body on the ball
- Once you reach the point where the ball is on your shins, "walk" back to the starting position
- You can increase the challenge by adding a "crunch" - before walking back, bring your knees to your chest while keeping the ball stabilized

3 SIT AND BOUNCE

Sitting and bouncing on a therapy ball is a simple way to provide vestibular input and build core strength (as well as righting and equilibrium reactions).

- For young children (infants - be sure they have developed head control before bouncing), provide support at their hips and gently bounce them up and down while singing a song, popping bubbles, etc.
- For older children, provide support as needed while bouncing (use a smaller ball so they can keep their feet stabilized on the floor) and play catch, practice spelling words, etc.

4 RAINBOW PASS

Laying on your back, hold the therapy ball with both hands above your head. While lifting the ball off the ground and bringing it above you, simultaneously lift both legs to meet in the middle above you. Pass the ball from your hands to your feet, and slowly lower the ball to the ground. Repeat this "pass" by lifting the ball off the ground with your feet and passing it to your hands.

Also try this with a partner! Pass the ball back and forth from your hands, to your feet, to your partner's feet, and so on.

5 SUPINE BALL KICK

This one requires a partner!

- One partner lays on their back (supine).
- The other partner stands a few feet away and gently tosses the therapy ball to their partner, aiming to their feet.
- The first partner gently kicks the ball with both feet, sending it back to their partner.
- The partner laying down will keep both feet off the ground in between kicks; attempt to flex their neck to keep their head off the floor for an added challenge!

This is a great heavy work and core strengthening activity.

6 BALL ROLL UP THE WALL

Laying on your back in front of a wall, place the therapy ball on the wall and stabilize it with your feet. Using both feet, roll the ball up and down the wall. Similar to the activity above, try flexing your neck to keep your head off the floor for an added challenge.

- Try placing targets on the wall to roll the ball between. This can be letters, numbers, shapes, etc.

7 DRUMMING

This activity works with one therapy ball, or multiple!

Grab some "drumsticks" (this can be sticks, spatulas, etc.) and start drumming!

Follow a specific sequence, try to play a song, or even turn a metronome to 60 beats per minute and drum in coordination to the beat.

8 GO UPSIDE DOWN!

Sit on the therapy ball, with feet stabilized (help stabilize your child as necessary), and lay backwards over the ball, moving into an upside down position.

- Place toys on the floor that your child can grab while upside down.
- Return to sitting upright on the ball (completing a sit up) and toss the toy to a target.

This activity provides lots of vestibular input, so be sure to complete a heavy work activity afterwards. If your child is sensitive to vestibular input, complete fewer times.

9 STEAMROLLER

This activity requires a partner!

- One partner lays on their stomach on the floor, arms at their sides, relaxed.
- The other partner uses the therapy ball to roll up and down their partner's legs and back, providing deep pressure.

This activity provides calming proprioceptive input and can be used after an alerting vestibular activity.

10 MODIFIED SUPERMAN ACTIVITY

Lay on your stomach over the ball, stabilizing your feet on the floor (if you're close to a wall you can use the wall for support as well).

Place toys / balls on the floor in front and using both hands (or a snowball maker) grab an item and place into a target.

This activity works to improve extension strength throughout the core, neck, and arms!

BONUS!

1 7 ACTIVITIES TO IMPROVE CORE STRENGTH, POSTURAL CONTROL AND BALANCE IN CHILDREN

Watch this YouTube video for new ideas!

<https://youtu.be/bWwNLsAIPFY>

2 TOP 5 SENSORY PRODUCTS FOR OLDER KIDS

Some great products to add to your list!

<https://youtu.be/BTsbqQpl7kl>

3 THE TOP 5 CLASSROOM SENSORY ITEMS

Add these to your classroom for all students!

<https://youtu.be/NZStSSqR3Jl>

Want more help?!

[CHECK OUT OUR GROSS MOTOR SKILLS ACTIVITY COURSE!](#)

All the things you need to build gross motor skills!

- 30 Activities with a Therapy Ball
- Therapeutic Activities with a Scooter Board
- 15 Therapeutic Activities with a Hula Hoop
- Therapeutic Activities with a Bosu

<https://harkla.co/products/gross-motor-skills-activity-course>