



10 Sensory Games and Activities with Sidewalk Chalk

YOUTUBE FREEBIE

Completing activities with chalk is a great way to get your child outside and engage in some fun sensory play!
Try these activities and modify them as needed!

1 HOPSCOTCH

Draw a hopscotch grid on the sidewalk and teach your child how to hop through it.

Then, teach your child how to draw the hopscotch grid.

This can include tracing the squares, practicing writing letters or numbers, and some creativity to arrange the grid in different ways each time.

2 SENSORY PATH

Find a long section of sidewalk and take turns with your child to draw different parts of a sensory path.

Draw two feet for hopping.

Draw a zig zag path to bear walk along.

Draw a spiral to walk in a circle or spin.

Don't forget to include a Start and Stop / Finish.

Make sure to test out the sensory path and make adjustments as needed!

3 EMOTIONAL INTELLIGENCE

Use sidewalk chalk to draw faces or situations to work on emotional awareness.

Include colors to match The Zones of Regulation if you're using that program.

Identify different situations when your child felt a variety of emotions, talk about why they felt that way, and then start to talk about strategies.

4 DRAW A PERSON

Have your child lay on their back on the sidewalk while you trace their body with chalk.

Then have your child add in all the features and details on their person.

Then switch and have your child trace you!

5 INFINITY LOOP AND RAINBOW DRAWING

While your child is on all 4's (hands and knees) have them draw an infinity loop and/or a rainbow.

This activity helps with crossing midline, visual tracking, and strength!

Make sure your child switches hands and draws with their non-dominant hand as well!



6**LETTER JUMPING**

On a large section of sidewalk, write all the letters of the alphabet. Not in order or in a line, but all over! Have your child help you with this step if they're able.

Then, have your child jump to the letters - in alphabetical order, to spell their name, or to practice spelling words. Include saying the sound of the letter or calling out words that start with different letters.

You can also do this with numbers.

7**TARGET THROW**

Using the chalk, draw a variety of targets on the sidewalk. Include point systems if desired.

Using small rocks, bean bags, or stuffed animals, take turns throwing to the targets.

Try different positions to throw: balancing on one leg, between your legs, in superman, etc.

8**TAPE ART**

Use painter's tape to create a square or other shape on the sidewalk.

Then using strips of tape, create a random design within the shape.

Next, use your chalk to color in all of the space between the tape.

Finally, pull all of the tape off the sidewalk to reveal the art piece!

9**SCHOOL WORK**

Take school work outside and use chalk to practice spelling words and math problems!

This adds variety and allows the child to receive some great sensory input while completing school tasks!

10**VISUAL SCHEDULE**

Switch up your child's normal visual schedule routine and use the sidewalk and chalk as the visual schedule.

This allows for variety while also allowing your child movement and getting outside during regular daily tasks.

BONUS!

1 GROSS MOTOR BASICS + OUR FAVORITE ACTIVITIES

All Things Sensory Podcast Episode 212

<https://harkla.co/blogs/podcast/212-gross-motor-basics-our-favorite-activities>

2 THE BENEFITS OF MUD KITCHENS

All Things Sensory Podcast Episode 253

https://harkla.co/blogs/podcast/253-the-benefits-of-mud-kitchens-and-outdoor-ot-with-daniele-from-boise-outdoor-ot?_pos=1&_sid=caeb5c67e&_ss=r

3 VISUAL SKILLS ACTIVITY COURSE

Learn new, fun activities that target the visual system!

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

Want more help?!

CHECK OUT OUR GROSS MOTOR SKILLS ACTIVITY COURSE!

Gain new activity ideas that target gross motor development!

- 30 Activities with a Therapy Ball
- Using a Scooter Board
- 15 Activities with a Hula Hoop
- Using a Bosu Ball
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<https://harkla.co/products/gross-motor-skills-activity-course>