



# Sensory Products for Older Kids

## YOUTUBE FREEBIE

Adding these sensory products to your older child's routine can be a game changer! Bonus - you can use them too!

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### 1 THERAPY / YOGA BALL

- Alternative seating option for school work or mealtime
- Use with heavy work and exercise
- Get some vestibular input by laying backwards over the ball

### 2 LARGE BEAN BAG

- Use for relaxation and to decompress
- Use it as a crash pad to get some great sensory input
- Crawl underneath for some deep touch pressure and heavy work

### 3 HAND-HELD VIBRATING MASSAGE

- Great for self-massage on the arms, legs, and neck / upper back
- Provides calming deep touch pressure
- Great for muscle relaxation after a long day

### 4 PUNCHING BAG

- A great tool to use for emotional regulation
- Use it for exercise - ideal for upper body and core strengthening
- Add a metronome to work on timing and sequencing

### 5 NOISE CANCELLING HEADPHONES

- Helps to reduce auditory input when working on a focus task
- Can help with sensory overload in loud environments
- Also provides some deep pressure to the head which can be calming



# BONUS Ideas!

## 1 SET UP OBSTACLE COURSES

Older kids can benefit just as much as younger kids!

Use their therapy ball, large bean bag, and punching bag as a 3-step obstacle course circuit!

Include school tasks such as math or spelling practice!

## 2 ADD SOME ORAL MOTOR INPUT

Oral motor input is so calming and organizing to the body - specifically resistive input such as chewing gum or blowing bubbles. Try bubble mountain with your older kid - a great activity that's NOT just for young kiddos!

## 3 TEACH BODY MECHANICS

Older kids can benefit greatly from exercise - but it's important to teach good body mechanics to get the most out of it and to reduce injury!

Use YouTube videos for body positioning and form accuracy.

# Need more help with your older kid?

## [CHECK OUT OUR DIGITAL COURSE LIBRARY](#)

Harkla Digital Courses are designed to educate and empower you to help your child thrive!

There's a course for everyone - for an older child, look into the Motor Skills Courses for new and fun sensory activity ideas that work for all ages!

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