

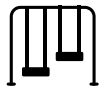


YOUTUBE FREEBIE

Sensory Activity ToolBox

A variety of sensory based activities for your toddler!

24 - 36 MONTHS



Vestibular Activities

- Hopping / jumping on small trampoline
- Somersaulting
- Playground spinning equipment



Proprioceptive Activities

- Tug of war
- Sweeping
- Bubble mountain
- Compression shirt, sheet, body sock



Visual Activities

- Kicking a rolling ball
- Catching a large ball
- Practicing simple writing strokes with different tactile mediums



Tactile Activities

- Dry and wet sensory bins
- Putty
- Variety of different writing materials - chalk, paint, etc.



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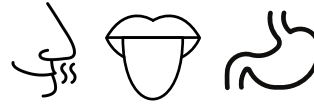
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Auditory Activities

- Put bells in boxes to shake
- Simple metronome activities
- Make a playlist with random sounds for the child to guess- stomping, a door slamming, shoveling snow, etc.



Olfactory, Gustatory, and Oral Motor Activities

- Scent matching games
- Imitating tongue positions and movements
- Blowing raspberries



Interoception Activities

- Toilet training readiness
- Deep breathing activities and mindfulness (belly breathing)
- Cozy corner for emotional regulation

Check out our full digital course, [Infant and Toddler Sensory Development](#), for more activity ideas!