



## YOUTUBE FREEBIE

# The Best Sensory Activities for Each of the 8 Senses in the Sensory System

Did you know that there are 8 senses?!  
Check out these 8 sensory activities, one for each sense!

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### 1 VISUAL SYSTEM - INFINITY LOOP TRACING

On a piece of paper, draw a sideways figure 8, aka "infinity loop."

Place the paper on the wall at eye level.

Using a finger or a writing utensil, trace the infinity loop while following the path with both eyes.

Switch and do this with the other hand.

Add an extra visual component by writing / drawing items along the infinity loop and calling them out along the path.

### 2 TACTILE SYSTEM - SENSORY BIN

Fill a bin or bucket with some type of sensory bin material:

- Dry rice, beans, or noodles
- Sand, mud, or clay
- Shaving cream, pureed food like applesauce, or water

Use as free play or create a structured activity by placing items in the sensory bin and locating the items.

Organize them by color, shape, size, etc.

Add an extra challenge by wearing a blindfold.

### 3 AUDITORY SYSTEM - METRONOME CLAPPING

Download a free metronome app, find a metronome video on YouTube or a metronome playing on Spotify.

Set it to 60 BPM (beats per minute) to start.

Begin by clapping on every beat. Once this is easy, add other clapping patterns to make it more complex.

Try doing full body movements to the beat, such as jumping jacks.

Read a visual chart on every beat.

Practice spelling words and math problems with the metronome.

Switch it up and set the metronome to 120 BPM; clap on every other beat.

### 4 GUSTATORY (SENSE OF TASTE) - SOUR SPRAY

Find sour spray online or at your local grocery store.

Use a squirt right before mealtime or snacktime.

Use a squirt as a strategy to "wake up" the brain and body in the morning or before a seated task.

## **5 OLFACTORY (SENSE OF SMELL) - ESSENTIAL OIL SCRUNCHY**

Using a hair scrunchy, place 1 or 2 drops of a preferred essential oil on the scrunchy.

Wear the scrunchy around your wrist (or somewhere comfortable; carry it in a backpack; etc.) and use as an alerting and/or calming strategy.

Less is more - use less essential oil than you think necessary!

## **6 VESTIBULAR - WINDMILL**

Standing with feet hip-width apart, raise arms and look up at the ceiling.

Slow bend at the waist to touch your right foot with your left hand.

Return to standing and looking up at the ceiling, then bend again to touch your left foot with your right hand.

Complete slowly.

Less is more - this activity can be overstimulating due to the head position change, so complete just a few reps to start with.

Follow up with a heavy work / proprioceptive-based activity to help re-regulate the nervous system.

## **7 PROPRIOCEPTION - STEAMROLLER**

This requires 2 people and a medium or large therapy / yoga ball.

Partner 1 lays on their stomach on the ground in a relaxed position.

Partner 2 uses the therapy ball to apply pressure and "steamroll" along partner 1's back and legs, being cautious of the chest and neck area.

Apply as much pressure as is desired and comfortable.

## **8 INTEROCEPTION - IDENTIFY EMOTIONS WITH ACTIVITIES**

During all of the above mentioned sensory activities, identify the emotions that were felt during and after the activities.

This is a great way to better understand internal feelings (sense of interoception) and how to use sensory activities to achieve a calm, regulated state.

# BONUS!

## 1 FREE SENSORY DIET WEBINAR

Learn the basics of sensory processing, meeting the sensory threshold, and creating personalized sensory diets!

<https://harkla.co/pages/sensory-diet-webinar-opt-in>

## 2 10 DIY SENSORY ACTIVITIES

All Things Sensory Podcast Episode 215

[https://harkla.co/blogs/podcast/215-10-easy-diy-sensory-activities-for-kids-of-all-ages-and-abilities?\\_pos=9&\\_sid=5689ca750&\\_ss=r](https://harkla.co/blogs/podcast/215-10-easy-diy-sensory-activities-for-kids-of-all-ages-and-abilities?_pos=9&_sid=5689ca750&_ss=r)

## 3 ACTIVITIES TO SUPPORT INTEROCEPTIVE PROCESSING

All Things Sensory Podcast Episode 216

[https://harkla.co/blogs/podcast/216-activities-to-support-interoceptive-processing-your-8th-sense?\\_pos=57&\\_sid=5689ca750&\\_ss=r](https://harkla.co/blogs/podcast/216-activities-to-support-interoceptive-processing-your-8th-sense?_pos=57&_sid=5689ca750&_ss=r)

# Want more help?!

## [CHECK OUT OUR SENSORY DIET DIGITAL COURSE!](#)

- Why Sensory Diets are essential for sensory kiddos
- How to evaluate your child's specific sensory needs
- How to create & customize a Sensory Diet for your child
- Sensory Diet examples, ideas, and templates

<https://harkla.co/products/sensory-diet-course>