



**YOUTUBE  
FREEBIE**

# The Best Sensory and Primitive Reflex Development Activities for 1 Year Old Children

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## **1 BLANKET TORTILLA ROLL**

Place a large blanket on the floor. Help your child lay along the edge of the blanket and gently roll them up in the blanket, like a "tortilla roll." Be sure to keep your child's head out of the roll for safety. After rolling your child all the way, assist them in un-rolling.

## **2 STEAMROLLER**

Using a therapy/exercise ball (or other type of large ball), "steamroll" your child's body while they are laying on their stomach. Provide gentle pressure with the ball on your child's arms, legs, and trunk.

## **3 PLAY CATCH WHILE SITTING ON THE FLOOR**

using a ball (small or large), play catch while sitting on the floor across from your child. Roll the ball along the floor, bounce it back and forth, or gently toss the ball.

## **4 FINGER PAINT WITH FOOD**

Using pureed-type foods (applesauce, whipped cream, etc.) during play time, finger paint on trays or cookie sheets. Doing this during play time takes the pressure off eating the food and helps engage the tactile system in fun messy play!

## **5 POTS AND PANS DRUMMING**

This is a great play activity for your child while you are cooking a meal! Pull out a few pots and pans and turn them upside down. Give your child 2 spatulas or wooden spoons and teach them how to "play the drums" on the pots and pans. Teach them different combinations to try and teach them how to drum "soft" and "loud."



**6****TEACH BLOWING SKILLS**

Teach your child how to blow - use bubbles, pom poms to blow across the floor, whistles, and blowing to cool off hot food.

**7****HANDS-AND-KNEES ROCKING**

While your child is in the hands-and-knees crawling position, place your hands on their hips and help them gently rock back and forth. Add some music to make it a fun dance/rocking activity!

**8****CRAWLING**

Make sure your 1-year-old is crawling daily! Even if they're already walking, be sure to get them down on the floor to crawl. Use pop-up tunnels or DIY tunnels using chairs and blankets.

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## Want more?!

### CHECK OUT OUR DIGITAL COURSES!

- Primitive Reflex Digital Course
- Infant and Toddler Digital Course
- Sensory Diet Digital Course
- Gross Motor, Fine Motor, and Visual Skills Activity Courses
- Multi-Sensory Activity Course

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