

Sensory Friendly Science: Sensory Path Walk-Through



Activity Number	Activity Title	Activity Description	Skills
1	Splat Hop	Hop between the color splats from spilled flask drawn on the ground (this uses an intuitive jumping pattern, but there isn't a single correct order). Use big movements to start with big energy!	Heavy work/gross motor, visual motor
2	Spins	Spin along the spirals; go both directions and an even number of times, for kids who feel the need to spin/un-spin evenly.	Vestibular, gross motor
3	Trace Crayons	Use hands, feet, or other pieces of chalk to trace the crayons drawn on the ground. Tracing will force hands (or foot-whatever you trace with) to cross the midline.	Crossing the midline, fine motor
4	Rainbow Balance	Balance across 1 color on the rainbow.	Vestibular, visual motor, choices
5	Cloud	Take a deep breath and blow on the cloud 3 times.	Mindful breathing, self regulation
6	Nature Hopscotch	Play hopscotch! You can add items from nature on the squares to explore items with texture and smells.	Sensory input, gross motor/heavy work, vestibular
7	Draw a Picture	Make a picture (or paint with water) in the frames drawn on the ground.	Fine motor, creativity
8	Wall Push-up	Placing feet in footprints next to the wall, and hands on handprints on wall at varying heights, do wall push-ups.	Heavy work/gross motor
9	High 5s	High 5 the hands on the wall (this is convenient because it's on the same wall). This activity can be easy or they can challenge themselves to jump!	Visual motor, proprioceptive
10	Tortoise or Hare	Choose which path to follow: The tortoise path is slow and steady, and the hare path goes fast and winds back and forth.	Choices, visual motor
11	Log Jump and Spin	Balance, jump, or spin across logs (drawn with spirals on the end).	Vestibular, heavy work, visual motor
12	Tree Pose	Stand in tree pose for 3 deep breaths. Stand on 1 leg like you're growing, and/or stand on 2 legs with arms up as a tree.	Mindful breathing/self regulation, vestibular

13	Sidewinder	Do side steps down the length of the snake.	Lateral motions, midline crossing, visual motor
12	Wall Balance	Heel-to-toe balance on something like a small garden wall or other safe item to stand on.	Vestibular and visual motor
13	Frog Jumps	Jump between lily pads.	Gross Motor/heavy work
14	Elephant or Mouse	Stomp like an elephant or sneak like a mouse.	Gross motor, choices
15	Smell the Flowers	Take 3 deep breaths (you could also include actual flowers and perler bead ones).	Mindful breathing/self regulation
16	Spiral	Trace the spiral with finger or a stick.	Fine motor, visual motor
17	Backwards Comets	Walk backwards along the lengths of the comets tails.	Gross motor, backward motion
18	Nebula	4-4-4 breathing (breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds).	Mindful breathing/self regulation
19	Star Bridge	Hop across the stars to the end!	Vestibular, gross motor