



Every Child is Special: Montessori for All Learners

Activity Ideas for children’s sensory needs

Alerting activities

Crunching
Bouncing
Jumping

Organizing Activities

Chewing
Hanging
Pushing/pulling
Upside down

Calming Activities

Sucking
Pushing
Rocking, swinging
Back rub

Tactile	Balance (vestibular)	Body Awareness (proprioceptive)
Texture rubbing Water play, painting Finger painting (all medium) Finger drawing Feeling Box Sensorial with blindfold Play dough Science experiments “People sandwich” Firm rubbing	Rolling Swinging Spinning Sliding Tricycles, bikes, scooters Balance Beam Obstacle course Rocking Sitting with exercise ball Jogging Jumping Jacks Climbing stairs	Heavy work Pushing/pulling Hanging Hermit crab, wheel barrow Joint squeeze Large transfer work Hammering Pegboard Walking the line Body Squeeze Bear Hugs Bulldozer Arm Wrestling

Auditory	Visual
Simple language Speak slowly Short comments One direction Have child repeat Exaggerate facial expression	Sand tray- change medium Peg Board with patterns Parquetry Cutting, pin punching Follow my Finger Puzzles

Model Label Show me Memory Games Finger plays Dancing/moving to music Rhythm instruments	Sensorial photos Constructive Triangle Boxes
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Motor Planning	Bilateral Coordination	Fine Motor	Oral Motor
Long Jump Twister Walking the line-extensions Animal Walks Simon Says Ring Around the Rosy Hokey Pokey Dressing Frames	Ball throwing Baseball- bat with oversize ball Rolling Pin Head, Shoulders, Knees and Toes Practical Life- egg beater, marble painting, ribbon dancing	All Practical Life Stringing, lacing, sewing, weaving Sorting Stapler, hole punch	Straw painting Straw race Bubble blowing Chewing- necklace, gum, gummy bears

Self-Help	Snacks and Meals
Dressing Frames Opening/Closing- purses, backpacks, lunch boxes, containers Suitcase Face Washing Hand Washing Foot Scrub	Feet on the floor A variety of textures Food prep- spreading, cracking, cutting

For Children with behaviors consistent with Sensory Processing Disorder, Autism Spectrum Disorder, and/or Attention Deficit Disorder:

1. Provide a “sensory diet” based on observed need.
2. Reduce stimulation
 - Provide a quiet work “office”
 - Limit number of materials on a shelf
 - Reduce visual clutter
 - Provide headphones, or ear plugs
 - “Box” in

3. Provide a "Work List" you make together. Build in breaks.
4. Choose a special word or gesture to provide reinforcement of positive behavior.
5. "Special Friend Belt"
6. Peer "mentor"
7. A group times- sit in lap, next to adult or peer mentor, sit on an exercise ball, hold a rock, pinecone, geo.solid.
8. Break skill or behavior into small, discrete steps. Let child participate at the step he can have success- "reverse chaining."
9. Prioritize behaviors to work on, determine baseline occurrences, set reasonable expectation for success, increase expectations and decrease interventions.