



22 Sensory Room Activities

1. Touch textured [wall panels](#) for tactile and visual experiences
2. Use small [sensory balls](#) to get hands and fingers moving
3. Jump on [mats](#) to work on gross motor skills or for calming and organizing
4. Sit on a comfy [chair](#) for calming and relaxing
5. Rock or bounce on a [therapy ball](#) for core strengthening and to improve balance
6. Roll across the room on a [mat](#) for whole body sensory input
7. [Blow bubbles](#) for visual input and for improving eye tracking
8. Sit in front of a [bubble tube](#) to improve visual perception and eye tracking and to increase relaxation
9. Lay on a mat and drape [fiber optic](#) lighted across your body for a soothing and relaxing experience. Also great for providing a visual and tactile experience
10. Sit in a [tent](#) for cooling down
11. Jump in a [ball pool](#) for a multisensory experience – tactile, visual, gross motor

12. Snuggle with a [weighted blanket](#) for calming and proprioceptive input
13. Sit with a weighted [gel lap pad](#) for help with fidgeting or for calming and relaxing
14. Put a [vibrating tube](#) around your neck, arm, leg or waist for help with relaxation or for stimulation.
15. Give a massage with a vibrating [massager](#) for great proprioceptive input
16. Hug a vibrating [stuffed animal](#) for a sense of security and for calming
17. Lay down or sit on a [crash pad](#) and watch the stars on the ceiling projected from a [Laser Star](#) or [Star Theater Pro](#)
18. Place an [LED Light Illuminator](#) on your lap and watch the slowly-changing colors for a mesmerizing experience
19. Squeeze a [vibrating pillow](#) to release energy and receive vibro-tactile input
20. Listen to music from a soft, lighted plush toy – [Charley Chameleon](#), [BeeBop](#) or [Shelly Seahorse](#)
21. Have fun pushing the soft gel around in [Gel Mats](#). Great for fine motor development as well as for calming
22. Have a dance party with a lighted [disco ball](#)