



20 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. Roll across the room on a [mat](#) for whole body sensory input
6. [Blow bubbles](#) for visual input and for improving eye tracking
7. Sit in front of a [bubble tube](#) to improve visual perception and eye tracking and to increase relaxation
8. 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
9. Sit in a [tent](#) for cooling down
10. Snuggle with a [weighted blanket](#) for calming and proprioceptive input
11. Sit with a weighted [gel lap pad](#) for help with fidgeting or for calming and relaxing

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