

# R & R/Sensory Activity Checklist:

## Promoting Resiliency & Self-Regulation

The checklist below is intended to support caregivers, children/youth, and young adults in utilizing activities to promote changing how the brain processes and responds to threat and/or stress. Points to keep in mind when implementing these items include:

- Caregiver is to provide attunement by maintaining a calm state of mind, calm facial expression, and soothing voice. Caregivers are encouraged to engage in parallel “play” during the activity even if little interaction is required in order to build relational capacity.
- These patterned, rhythmic, repetitive and/or sensory-based activities should be safe, fun, familiar, interesting, and never forced. The recommended length of time for most activities is 7 to 10 minutes, and should be revisited at least 2 times per day. Activities can be incorporated into grocery shopping, meal preparation, household chores, play time, errands, appointments, after school, after dinner, and bedtime.

Circle the preferred activities and sensory preferences of the child/youth or young adult.

### Movement

- |                               |                                      |                              |
|-------------------------------|--------------------------------------|------------------------------|
| ➤ Aerobics                    | ➤ Squats                             | ➤ Swimming                   |
| ➤ Animal walks                | ➤ Yoga                               | ➤ Weight lifting             |
| ➤ Dancing                     | ➤ Gardening                          | ➤ Doodling/drawing           |
| ➤ Coloring                    | ➤ Martial arts                       | ➤ Washing a car              |
| ➤ Stretches                   | ➤ Bike riding                        | ➤ Vacuuming                  |
| ➤ Playing catch               | ➤ Hacky sack                         | ➤ Sweeping                   |
| ➤ Basketball                  | ➤ Juggling                           | ➤ Mopping                    |
| ➤ Football                    | ➤ Wood working                       | ➤ Shoveling snow             |
| ➤ Baseball                    | ➤ Tug/Push of war                    | ➤ Cleaning                   |
| ➤ Soccer                      | ➤ Climbing on<br>monkey bars         | ➤ Xbox360 Kinect<br>games    |
| ➤ Golf                        | ➤ Jump rope                          | ➤ Swinging on<br>playground  |
| ➤ Jumping jacks               | ➤ Red light/<br>Green light          | ➤ Sliding on<br>playground   |
| ➤ Billiards                   | ➤ Freeze tag                         | ➤ Cartwheels/<br>Somersaults |
| ➤ Trampoline                  | ➤ Hiking/walking                     | ➤ Pogo stick                 |
| ➤ Fishing                     | ➤ Rocking in a<br>rocking chair      | ➤ Sledding                   |
| ➤ Rock climbing               | ➤ Carrying items<br>(e.g. groceries) | ➤ Skateboard                 |
| ➤ Bouncing on<br>therapy ball | ➤ Ping pong                          | ➤ Rollerblading              |
| ➤ Building with<br>Legos      | ➤ Digging/shoveling                  | ➤ Hula hoop                  |
| ➤ Origami                     | ➤ Raking                             | ➤ Stair climbing             |
| ➤ Running/Jogging             | ➤ Hop scotch                         | ➤ Thera-band                 |
| ➤ Push ups                    |                                      |                              |
| ➤ Sit ups                     |                                      |                              |

## **Touch/Deep Pressure**

- Back rub
- Play Doh
- Petting a dog, cat or other pet
- Swaddling tightly in a blanket
- Stress ball
- Stuffed animals
- Weighted blanket
- Bean bag chair
- Foam roller exercises
- Playing musical instrument
- Scratch Art
- Art/craft project
- Pottery/clay work
- Washing dishes
- Being in the sunshine
- Warm bath/shower
- Fidgeting with something

## **Hearing/Auditory**

- Silence
- Singing
- Humming
- Being read to
- Loud environments
- Fan running
- Whistling
- Listening to music
- Nature sounds

## **Vision/Looking**

- Staying in bedroom
- Building a fort
- Looking at nature
- Going to the zoo
- Watching clouds
- Looking at stars
- Looking at magazines
- Puzzles
- Magic activities
- Board games
- Mechanics work
- Electronics work
- Body sox
- Journaling/poetry
- Lining up dominoes
- Stringing beads
- Word searches
- Sudoku
- Hidden picture books
- Speed Stacking
- Looking at photos
- Photography
- Reading
- Chess/Checkers
- I Spy
- Mazes
- Memory games
- Sewing
- Crocheting
- Drawing on labyrinths
- Card games

## **Oral/Taste/Smell**

- Chewing gum
- Deep breathing
- Sucking on ice
- Sucker/popsicle
- Mints
- Blowing bubbles
- Chocolate
- Essential oils
- Warm milk
- Spicy foods
- Cologne
- Chewing on straw
- Warm Tea
- Straw blowing games
- Perfume