

Naturally Occurring Activities Within the Home Environment
(Used to design a sensory diet with the family)

1. Carry heavy items (baskets with cardboard blocks, groceries for Mom, etc.)
2. Allow child to chew gum, eat chewy or crunchy foods, or sip water from a water bottle with a straw while doing homework.
3. Push or pull boxes with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor).
4. Fill a pillowcase with a few stuffed animals in it for weight. Child can then push or pull the pillowcase up a ramp, incline, or stairs.
5. Take the cushions off sofas, vacuum under them, then put them back. Can also climb on them or jump and "crash" into them.
6. Pull other children around on a sheet or blanket
7. Roller skate/rollerblade uphill.
8. Pull a heavy trash can.
9. Perform household chores, such as:
 - Vacuum
 - Sweep
 - Mop
 - Dust
 - Carry the laundry basket
 - Wipe off the table after dinner
 - Carry buckets of water to clean with or to water flowers/plants/trees
 - Clean windows or the front of appliances using a spray bottle
 - Scrub rough surfaces with a brush
 - Help change the sheets on the bed (then toss the linens down the stairs).
10. Perform yard work, such as:
 - Mow the lawn
 - Rake the grass/leaves
 - Push the wheelbarrow
 - Shovel sand into a wheelbarrow, push the wheelbarrow to a spot, dump out sand and use a rake to level it out (functional for filling in low spots in backyard)
 - Dig dirt to help plant flowers
11. Pull a friend or heavy items in a wagon
12. Push a friend in a wheelbarrow
13. Drink thick liquids (milkshake, applesauce, or slurpy) through a straw. The thickness of the straw and the thickness of the liquid can be varied to change the degree of heavy work (sucking) required.
14. Carry heavy cushions
15. Have pillow fights
16. Play in sandbox with damp heavy sand
17. Have the child "help" by pushing chairs into table after a meal

18. Push a child's cart filled with cans and then put the cans away on a low shelf so that the child has to be on hands and knees (a weight bearing position) to put the cans away
19. Participate in activities such as gymnastics, horseback riding, wrestling, karate, swimming (can also have child dive after weighted sticks thrown in pool)
20. Bathe the dog
21. Wash the car
22. Jump or climb in inner tubes
23. Fill up a child's suitcase with heavy items (such as books) and push/pull the suitcase across the room
24. When traveling, let child pull own small suitcase on wheels
25. Go "shopping" with a child's shopping cart filled with items, or have child push shopping cart when you go shopping
26. Go "camping" with a heavy blanket pulled across a few chairs. Child can help set up and take down the blanket
27. Have the child help rearrange his/her bedroom furniture
28. Have child put large toys and equipment away
29. Participate in climbing activities (such as playground equipment)
30. Swing from the trapeze bar
31. Push against a wall
32. Fill up big toy trucks with heavy blocks, push with both hands to knock things down
33. Participate in sports activities involving running and jumping
34. Have the child color a "rainbow" with large paper on the floor or with sidewalk chalk outside while child is on hands and knees
35. Play "cars" under the kitchen table where the child pushes the car with one hand while creeping and weight bearing on the other hand
36. Walk up a ramp or incline
37. Make wood projects requiring sanding and hammering
38. Play wrestling: pushing game where two people lock hands facing each other & try to see who can push and make the other person step back first. Use other body also, but be sure to have rules (no hitting, no biting, no scratching, one person says stop then both stop).
39. Have two children sit on the floor, back to back with knees bent and feet flat on the floor. They interlock their arms, and then try to stand up at the same time.
40. Play "row, row, row your boat" both sitting on the floor, pushing and pulling each other
41. Open doors for people
42. do chair push-ups
43. Play jumping games, such as hopscotch and jump rope
44. Jump on a mini trampoline
45. bounce on a Hippy Hop Ball
46. Play catch with a heavy ball, or bounce and roll a heavy ball
47. Do animal walks (crab walk, bear walk, army crawl)
48. Stack chairs