

SENSORY AND MOVEMENT ACTIVITIES IN THE CLASSROOM

HEAVY WORK ACTIVITIES

- Erase or wash chalkboard
- Wash desks or tabletops
- Carry a box of books
- Push or stack chairs
- Rearrange bookshelves
- Open doors for others
- Staple paper onto bulletin board
- Sharpen pencils with manual sharpener
- Wear heavy backpack
- Move trash can to another location
- Carry basket of items
- Make deliveries to the office
- Squeeze stress balls or fidget toys
- Cut heavy paper or cardboard with scissors

MOVEMENT ACTIVITIES

- Sit in a rocking chair when reading or during floor time
- Sit on an inflated air cushion placed on a chair or floor
- Hand out papers and materials for the teacher
- Push your feet into theraband placed around chair legs
- Do head, neck and shoulder rolls while sitting
- Take a stretch break after sitting for a long time
- Breathe deeply— in through your nose/out through your mouth

TAKE MOVEMENT OR
STRETCH BREAKS
THROUGHOUT THE
DAY!

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