

Sensory Snacks for the Classroom

- **Sitting on hands:** with palms on the chair seat. Count to 5.
- **Chair press ups:** Whilst sitting on your hands with elbows slightly bent; try to push body up 8 times if you can.
- **Chair pull downs:** sit on chair with hands down on either side and place fingers over the sides of the chair. Pull really hard like you are trying to pull yourself into the chair. Count to 3 and release. Do five times.
- **Head presses:** place both hands on top of your head and pull down for the count of three. Do 5 times.
- **Wall push ups:** standing in front of the wall, push your palms against the wall as if you were trying to push the wall down. Do ten times
- **Rubbing hands together vigorously:** Like washing hands thoroughly, rubbing outside and inside of the hand. Make your hand feel hot. Count to 10.
- **Rubbing vigorously up and down one arm using the other hand:** make your arm and your hand feel warm. Count to 10.
- **Squeezing hands tightly together:** place palms of hand together. Count to 10.
- **Pressing hands down on desk:** Standing up and pushing down forcefully on the desk, as if you were trying to push the table to the floor.
- **Squeezing a partner's thumbs:** Using a clenched fist around a partner's thumbs, then squeeze tight (should not hurt). Take turns.
- **Any clapping games:** Tied in with numeracy exercises. Clap alone or with a partner or alternate between desk and own hands or a partner's hands.
- **Fingertip tapping:** Alternately tap each fingertip on the table like playing the piano.
- **Pushing and pulling fingers:** gently at finger joints. This should not hurt. Count to 10.
- **Hands span:** Spreading and closing fingers. Do 10 times on each hand.
- **Squeezing a soft (stress) ball:** Alternate between hands, this can be done while sitting on the mat or while reading a book. They can be purchased from most toy shops.