



Sensory Activities for Students with Autism (At Home)

Activities to support regulation, engagement, and comfort.



<p>Tactile (Touch)</p> <ul style="list-style-type: none"> -Sensory bins -Play dough -Water play -Texture hunt 	<p>Auditory (Sound)</p> <ul style="list-style-type: none"> - Calm music or nature sounds - Noise-canceling headphones - Sound matching - Musical instruments 	<p>Visual (Sight)</p> <ul style="list-style-type: none"> - Visual timers - Bubble watching - Color sorting - Puzzles - Snow-globe jar
<p>Proprioceptive (Body Awareness)</p> <ul style="list-style-type: none"> - Wall push-ups - Carrying groceries - Pillow squishes - Chair push-downs 	<p>Vestibular (Movement & Balance)</p> <ul style="list-style-type: none"> - Rocking - Spinning slowly - Jumping - Yoga or stretching - Indoor obstacle course 	<p>Calming & Regulation</p> <ul style="list-style-type: none"> - Deep breathing - Guided relaxation - Quiet corner - Weighted items - Emotion check-in

Tips for Families

Follow the child's sensory preferences, offer short sessions and choices, use visual supports

[Click here to access a Social Emotional Choice Board](#)