

# 30 Days of Sensory Activities



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

- 1 Hiding/Finding items in Play Doh
- 2 Mix paint in Ziploc bags
- 3 Colorful spaghetti worms
- 4 Water Beads
- 5 Kinetic Sand
- 6 Draw / Write in shaving cream
- 7 'Guess that smell' – scent game
- 8 Homemade musical instruments
- 9 Finger painting
- 10 Fun in the garden

- 11 Calming sensory bottles
- 12 Water play
- 13 Sensory Bin – Rainbow Rice
- 14 Sensory Bin – Coffee Beans
- 15 Bubbles
- 16 Baking cookies
- 17 Tactile box
- 18 Mermaid fabric frames / pillows
- 19 Listen to music
- 20 Water xylophone

- 21 Food / Candy taste test
- 22 Sponge painting
- 23 Flavoured water
- 24 Sensory walks
- 25 Sensory cushions
- 26 Print & draw with sidewalk chalk
- 27 Colored Ice sensory play
- 28 Peek-a-boo sensory board
- 29 Sensory blocks
- 30 Bean bag squishes