

Multisensory Activities: Focus System

PROPRIOCEPTIVE/ HEAVY WORK ACTIVITIES



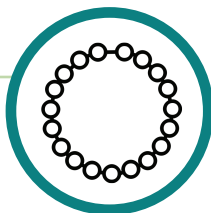
- Push a laundry basket filled with toys
- Animal moves – frog jumps, bear crawl, crab walk, bunny hops
- Quadruped Activities – Floor puzzles or anything involving crawling
- Carry a backpack with items of varying weight.
- Theraputty with hidden items
- Monkey Bars. Wall Push-Ups
- Jenga – visual, tactile, joint stabilization
- Mini Trampoline, Ball Pit
- Giant Parachute (multiple users)

DEEP PRESSURE



- Deep Squeezes
- Smash between beanbags
- Compression garments – weighted vest, weighted blankets
- Vibration massagers to increase body awareness
- Brushing Technique
- Joint Awareness movements

FINE MOTOR



- String beads, noodles
- Pick up coins off a table
- Geo Boards

VESTIBULAR



- Swinging
- Rocking
- Head Inversion
- Spinning
- Physio Ball
- Specialized Seating - wobble stools, balance discs, standing stations, fidget bands

TOUCH



- Moonsand
- Playdoh
- Orbeez squeeze ball
- Ice packs
- Heat packs
- Finger painting
- Table top drawing with shaving cream

VISUAL



- Puzzles
- Where's waldo books
- Track ball with eyes
- Pencil push ups
- Blow bubbles then pop them as they fall (incorporates visual tracking and hand eye coordination)
- Mazes
- balloons