

Sensory Activity Guide for Autistic Kids

Fun, sensory-friendly activities to support your child's needs

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This guide offers sensory-friendly activities to engage your autistic child, tailored to calming or stimulating needs. Use these to create fun, supportive moments at home. Visit bloomwithautism.com for more resources.

Sensory Activities

Calming Activities

- **Weighted Blanket Snuggle**

Time: 10–15 minutes | *Materials:* Weighted blanket, quiet space

Wrap your child in a weighted blanket and sit together in a cozy spot. Read a book or play soft music. *Benefit:* Provides deep pressure to reduce anxiety.

Tip: Ensure the blanket is 10% of their body weight for safety.

- **Bubble Blowing**

Time: 5–10 minutes | *Materials:* Bubble wand, solution

Encourage slow, deep breaths to blow bubbles. Do this in a calm outdoor or indoor space. *Benefit:* Promotes relaxation through controlled breathing.

Tip: Use a store-bought or homemade solution (dish soap + water).

- **Kinetic Sand Play**

Time: 15–20 minutes | *Materials:* Kinetic sand, tray

Let your child mold and shape kinetic sand in a tray. *Benefit:* Tactile input soothes sensory overload.

Tip: Add small toys for creative play.

- **Calming Jar**

Time: 5–10 minutes | *Materials:* Jar, glitter, water, glue

Shake a glitter-filled jar and watch it settle with your child. *Benefit:* Visual stimulation promotes calmness.

Tip: Make a jar with our [DIY sensory jar guide](#).

Stimulating Activities

- **Trampoline Jumping**

Time: 5–10 minutes | *Materials:* Mini trampoline

Supervise your child as they jump on a trampoline. *Benefit:* Boosts energy and provides vestibular input.

Tip: Start with short sessions to avoid overstimulation.

- **Spinning Chair Game**

Time: 5 minutes | *Materials:* Swivel chair

Gently spin your child on a swivel chair (with supervision). *Benefit:* Stimulates vestibular senses for sensory seekers.

Tip: Stop if they show discomfort.

- **Water Bead Play**

Time: 15–20 minutes | *Materials:* Water beads, bowl

Let your child scoop and pour water beads in a bowl. *Benefit:* Tactile and visual stimulation.

Tip: Use a shallow container for easy cleanup.

- **Music Dance Party**

Time: 10 minutes | *Materials:* Upbeat music, speaker

Play lively music and dance with your child. *Benefit:* Encourages movement and auditory stimulation.

Tip: Choose their favorite songs for engagement.

Proprioceptive/Vestibular Activities

- **Bear Hugs**

Time: 5 minutes | *Materials:* None

Give your child firm, gentle hugs or let them squeeze a pillow. *Benefit:* Deep pressure grounds and calms.

Tip: Ask for consent to respect their comfort.

- **Obstacle Course**

Time: 15–20 minutes | *Materials:* Household items (chairs, pillows)

Set up a course to crawl under chairs or jump over pillows. *Benefit:* Enhances body awareness and coordination.

Tip: Keep it simple and safe.

- **Push and Pull Games**

Time: 10 minutes | *Materials:* Laundry basket, heavy items

Have your child push a basket with books or pull a rope. *Benefit:* Proprioceptive input builds strength.

Tip: Use soft surfaces to prevent injury.

- **Rolling Down a Hill**

Time: 5–10 minutes | *Materials:* Grassy hill

Supervise your child rolling down a gentle hill. *Benefit:* Vestibular input boosts sensory regulation.

Tip: Check for allergies or hazards first.

Tips for Parents

- Observe your child's cues to choose calming or stimulating activities.
- Pair activities with a visual schedule for structure (download our [Visual Schedule Template](#)).
- Start with short sessions and adjust based on your child's response.
- Explore more sensory strategies in our [Useful Resources](#) section.

For more tools and support, visit bloomwithautism.com.

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