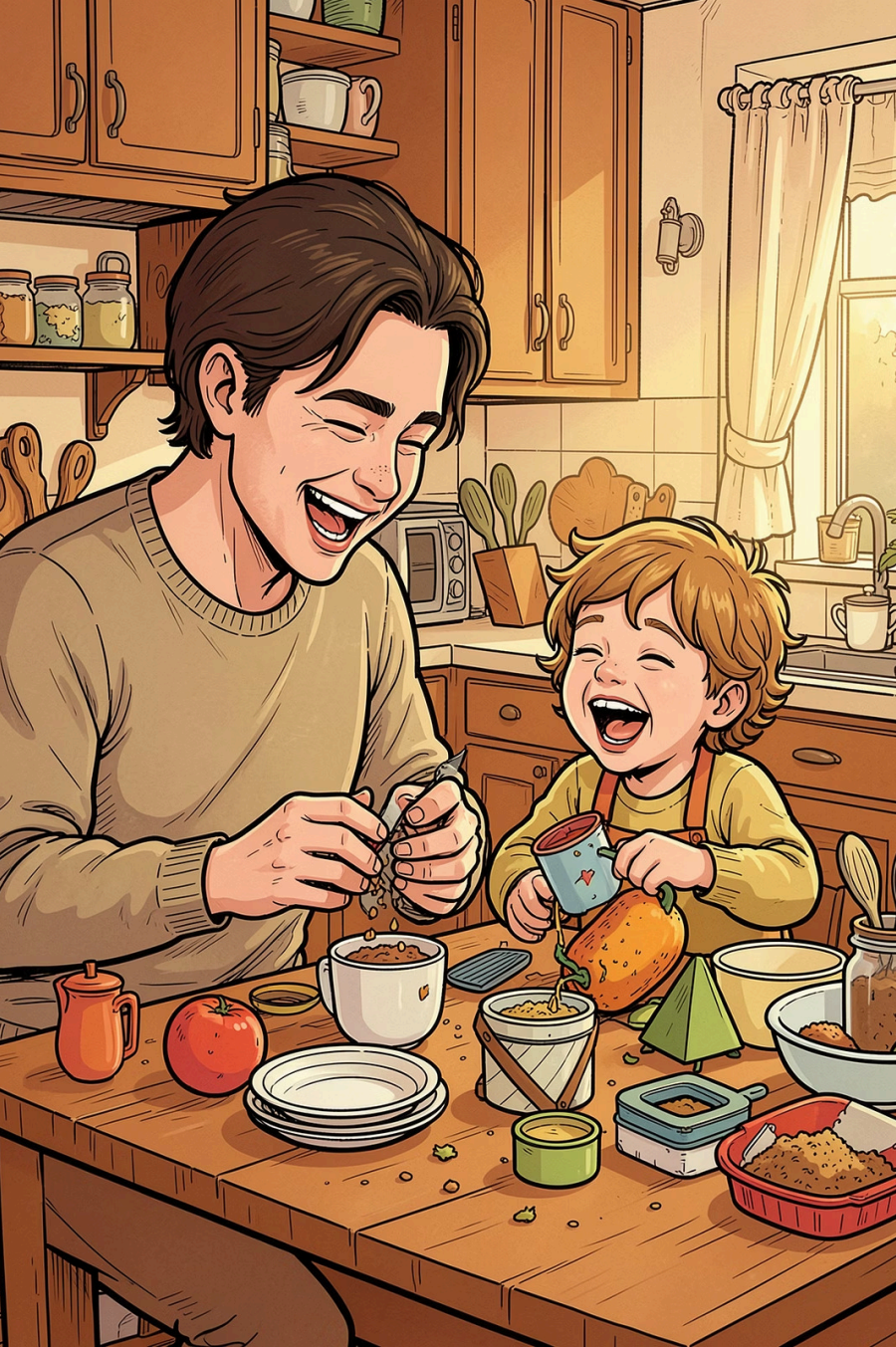




Top 10 Sensory Games to Play at Home

Simple, joyful activities to support regulation, communication, and connection — using everyday items you already have.



Why Sensory Play Matters

Sensory play is far more than fun and entertainment. Through sensory experiences, children learn about their bodies, their emotions, and the world around them. These activities support communication, confidence, creativity, emotional regulation, attention, and social development.

No Fancy Equipment Needed

Most effective activities use everyday household items you already own.

All Ages & Abilities

Each game can be adapted to suit individual sensory needs and preferences.

Connection First

The most important ingredient is spending joyful time together.

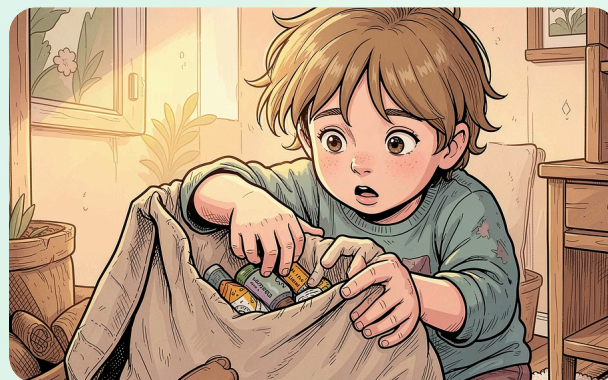
GAMES 1 & 2

Listening & Touching



🎵 Musical Freeze

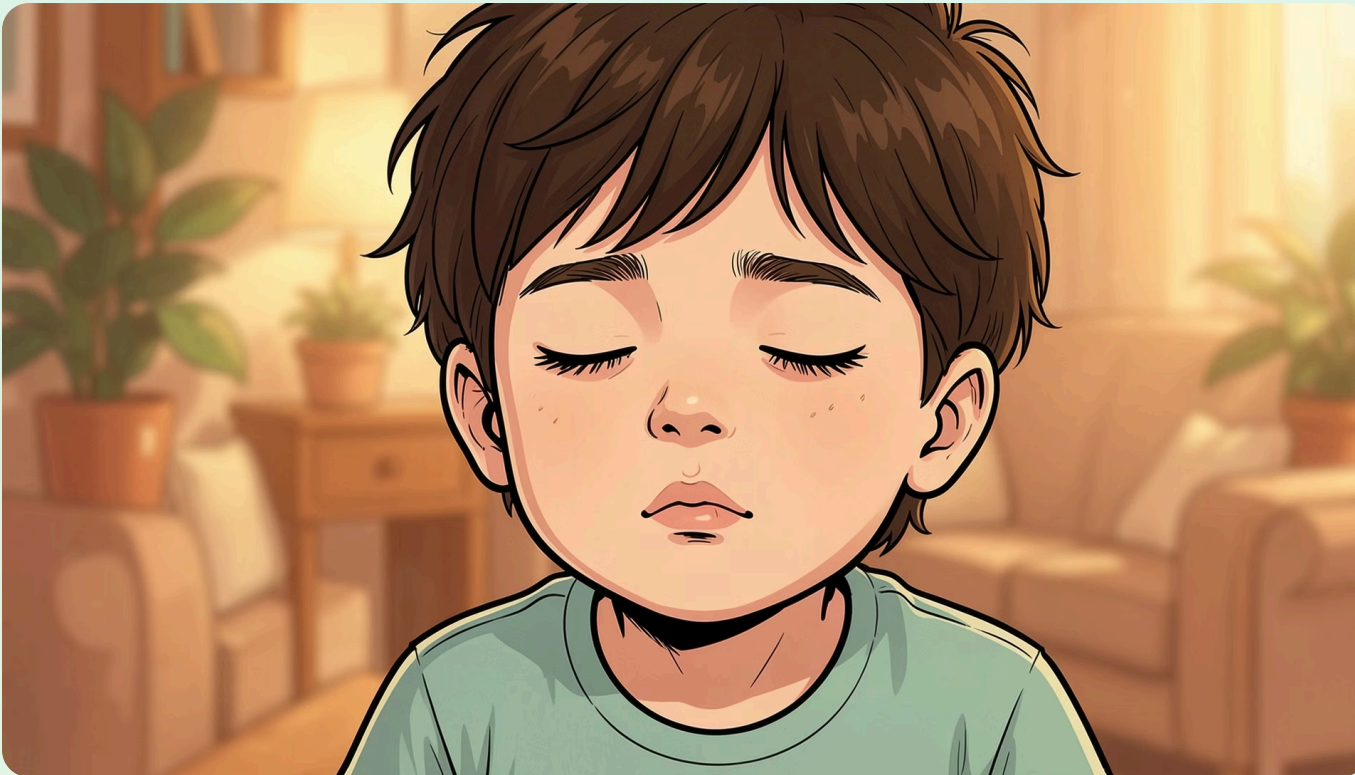
Play music and dance freely — when it stops, everyone freezes like a statue! Builds listening skills, impulse control, and body awareness.



🎒 Mystery Sensory Bag

Hide household objects in a pillowcase and invite your child to guess each item by touch alone. Great for tactile awareness, vocabulary, and problem-solving.

Sounds & Colours



Sound Detective

Create sounds behind a screen — keys jingling, water pouring, drumming on a table. Can your child identify each one? Builds auditory processing, concentration, and memory.

Rainbow Scavenger Hunt

Choose a colour and challenge your child to find as many objects of that colour as possible around the home. Supports visual processing, observation, and language development.

GAMES 5 & 6

Exploring & Rhythm



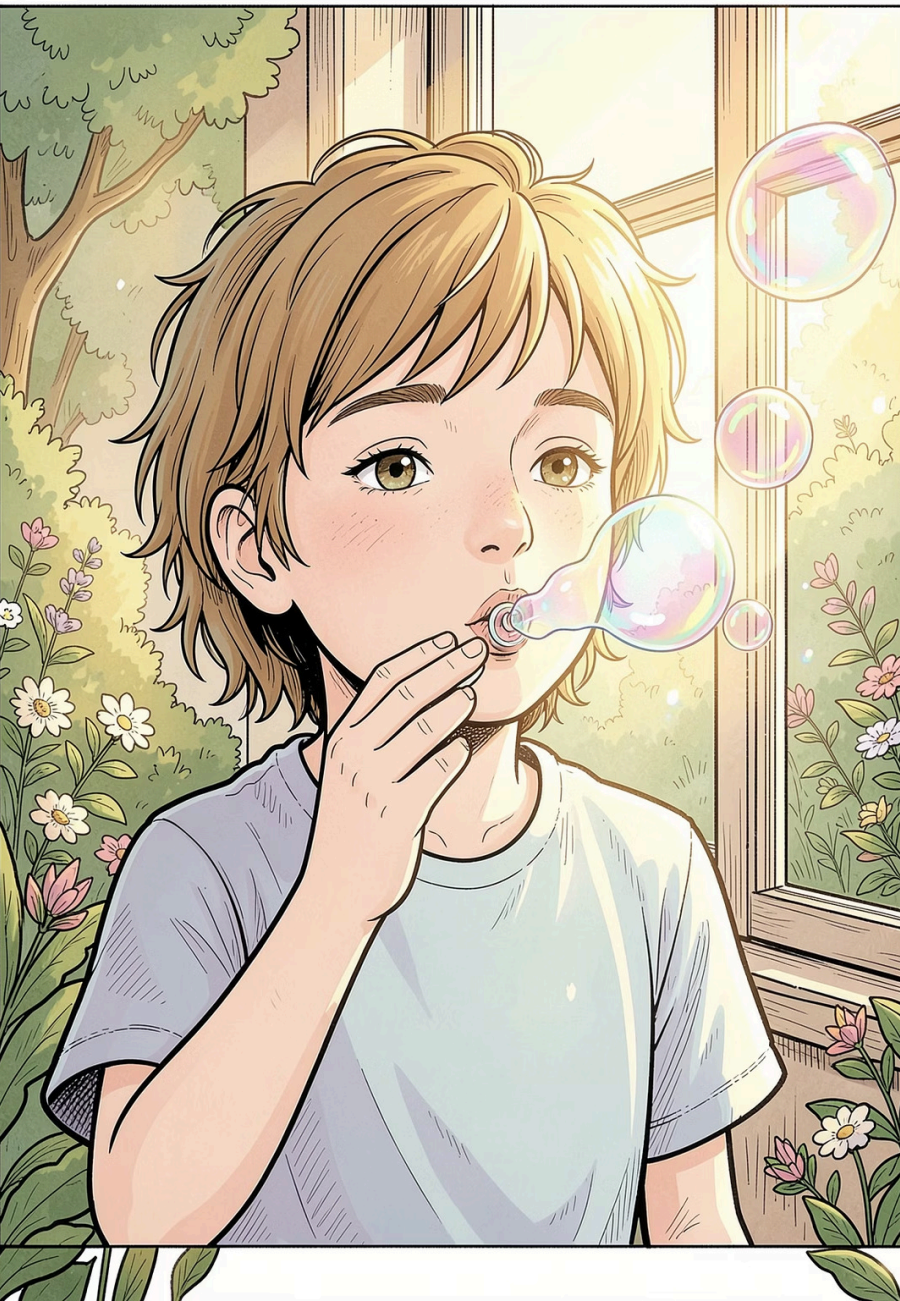
💎 Sensory Treasure Tray

Fill a tray with rice, pasta, or oats and hide small treasures inside. Encourage searching and discovery — wonderful for fine motor skills, focus, and curiosity.



🥁 Follow the Rhythm

Create a simple rhythm — *clap clap pause clap* — and invite your child to copy it. Take turns being the leader. Builds listening, memory, coordination, and turn-taking.



GAME 7

Bubble Breathing

Encourage slow, controlled breaths to create large, wobbly bubbles.

Challenge: **can you make the biggest bubble without popping it?**

Emotional Regulation

Slow breathing activates the body's calm response naturally.

Mindfulness

Focuses attention on the present moment in a playful way.

Relaxation

A gentle wind-down activity for any time of day.

GAME 8

Animal Movement Adventure

Take turns calling out animals and copying their movements together. No equipment needed — just imagination!



Frog Jumps

Crouch low and leap — great for gross motor skills and coordination.



Snake Slithers

Wiggle along the floor for core strength and creativity.



Elephant Stomps

Heavy, slow footsteps build body awareness and rhythm.



Bird Flaps

Stretch arms wide and flap — wonderful for balance and energy release.

Connecting & Calming

🎵 Pass the Sound

One person creates a sound or rhythm, the next copies it and adds a new one. Continue around the group. A beautiful way to build communication, turn-taking, and social connection.

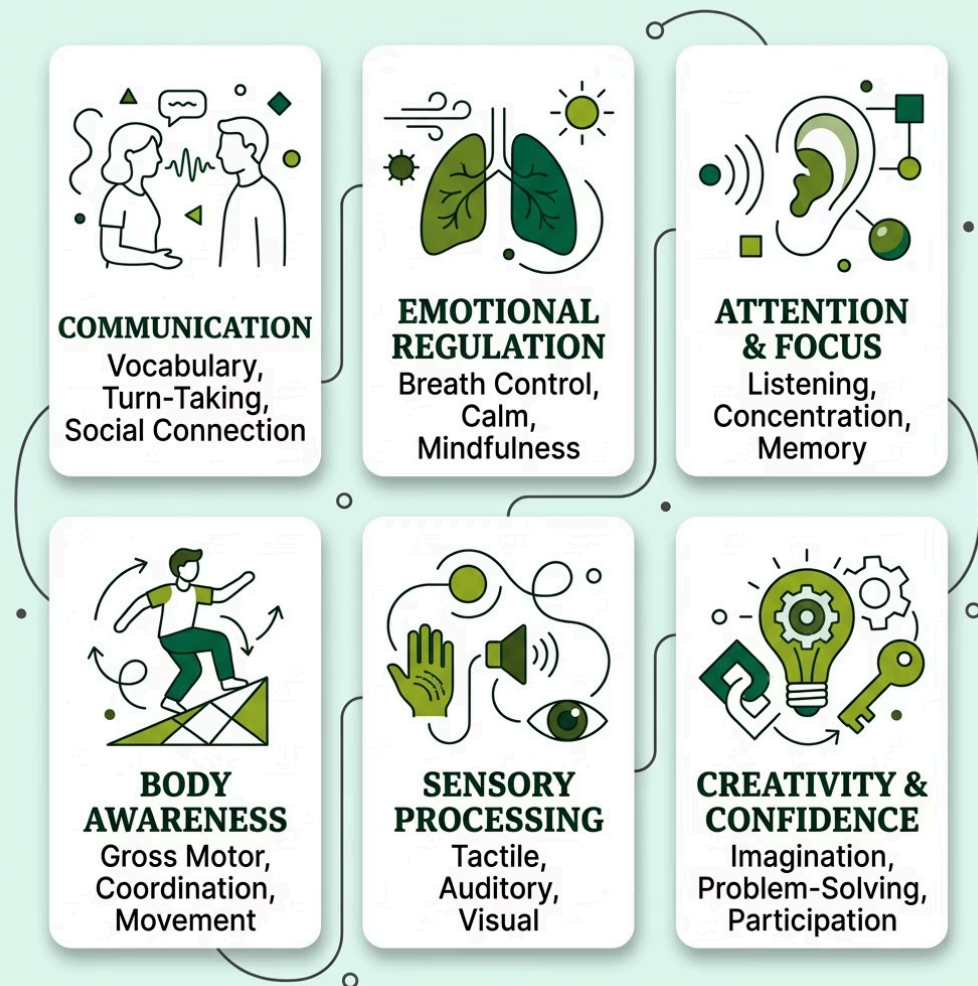
🌿 Calm Corner Sound Journey

Create a cosy space with cushions and blankets. Listen to relaxing music or nature sounds together and explore: *What can you hear? How does it feel? What colours come to mind?*



What Each Game Builds

Each activity supports multiple areas of development — often all at once. Here's a snapshot of the key skills woven through these ten games.



A Holistic Approach

These ten games collectively nurture communication, emotional regulation, attention, body awareness, sensory processing, and creativity — all through simple, joyful play.

- ❑ You don't need to tick every box in one session. Small, playful moments add up to meaningful growth over time.

Final Thoughts

Sensory play doesn't need to be perfect. The most important thing is spending time together, following your child's lead, and creating opportunities for connection.

- Follow your child's lead
- Keep it playful and pressure-free
- Adapt to individual sensory needs
- Celebrate participation, not performance
- Have fun together — always

Small moments of sensory exploration can create meaningful opportunities for learning, communication, regulation, and joy.

Happy playing! 🌟