

Occupational Therapy – Adult Learning Disability Service

Sensory Activity Options

Visual Sense Activities

- Torches
- Lava lamps
- Slow Moving Bubble Tubes
- Small motion liquid toy/object
- Spinning tops
- Cause and effect toy/object
- Bubbles
- Kaleidoscope
- Slinky
- Multi-coloured light balls
- Reflective objects
- Disco ball
- Fibre optic lamps
- Fish tanks

Tactile Sense Activities

- Different fabrics
- Chalk
- Play doh
- Slime
- Soft rubber toys/object
- Shaving foam
- Bean bags
- Explore bags (vision occluded)
- Messy arts and crafts
- Sand and water play
- Bumpy/squeezy ball kits

- Sensaring throwing ring
- Rainstick
- Loop the loop flexible plastic toy/object
- Foot spa

Smell

- Body sprays
- Creams/lotions
- Toiletries
- Flowers
- Manicures/pedicures
- Food smells/tasting
- Reminiscence (explore smells from childhood).
- Air fresheners

Sound

- Musical instruments
- Rain maker
- Cause and effect toy/objects
- Relaxing nature music

To enable us to continually improve our service, please contact our Occupational Therapy team if this guidance has been successful or if you are still experiencing difficulties, please contact our Occupational Therapy Adult Learning Disability Service on **01383 565223**.