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## Ways to Add Sensory Input to Academic Activities

### **DRAWING:**

#### Add Movement/ Vestibular Input

- Draw out a map for an obstacle course.
- Complete a drawing during an obstacle course.
  - Draw a person with one body part each time through the course.
  - Hide stuffed animals (one at a time) in the course, then draw a picture of the animal found each time through the course.
- Draw large designs with sidewalk chalk
  - Pictures
  - Hop Scotch
  - Maze
- Sit on a therapy ball while drawing

#### Add Tactile (touch) Input

- Draw in shaving cream
- Finger Paint
- Shaving Cream Paint (shaving cream, food coloring, and small amount of glue)
- Take turns drawing and guessing designs on the back of your hand and your back.

#### Add Proprioceptive (heavy work) Input

- Draw on a chalkboard
- Draw designs with sidewalk chalk
- Draw on an easel or other vertical surface (i.e. tape paper to the wall or a door).
- Use crayons instead of markers
- Draw shapes and designs on thick carpet

### **NUMBERS/COUNTING:**

#### Add Movement/ Vestibular Input

- Count number of times on a swing
- Count bounces on a therapy ball
- Play hopscotch
- Say the hopscotch numbers while jumping

#### Add Tactile (touch) Input

- Write numbers in shaving cream
- Finger Paint
- Shaving Cream Paint (shaving cream, food coloring, and small amount of glue)
- Take turns drawing and guessing numbers on the back of your hand and your back.
- Put a layer of beans, rice, or sand in a small box and practice writing numbers at the bottom of the box.
- Write numbers on thick carpet.
- Use variety of writing utensils (markers, crayons, chalk, etc)

#### Add Proprioceptive (heavy work) Input

- Write numbers on a chalkboard
- Write numbers with sidewalk chalk
- Draw a hopscotch grid with chalk
- Write numbers on an easel or other vertical surface (i.e. tape paper to the wall or a door).
- Use crayons instead of markers for writing numbers
- Draw numbers on thick carpet
- Count bounces on a therapy ball

**NUMBERS/COUNTING (continued):**

- Count or Guess how many different kinds of steps (baby steps, monster steps, kangaroo jumps, etc) it will take to walk somewhere (across room, to the car, to bedroom, etc).
- Count number of times hitting a balloon in the air
- Count aloud while hitting a suspended ball
- Count number of catches with a ball
- Count or time seconds or minutes to bike somewhere
- Roll out play-doh numbers

**LETTERS/WRITING:**

## Add Movement/ Vestibular Input

- Sit on a therapy ball while writing
- Large writing on the sidewalk
- Write standing up at an easel
- Spell words while bouncing on a therapy ball
- Add writing words to an obstacle course (or add a "writing station" to an obstacle course")

## Add Tactile (touch) Input

- Write in shaving cream
- Write in Finger Paint
- Write with Shaving Cream Paint (shaving cream, food coloring, and small amount of glue)
- Take turns drawing and guessing letters or words on the back of your hand and your back.
- Put a layer of beans, rice, or sand in a small box and practice writing letters or words at the bottom of the box.
- Write letters on thick carpet.
- Roll out play-doh letters
- Use variety of writing utensils (markers, crayons, chalk, etc)

## Add Proprioceptive (heavy work) Input

- Roll out play-doh to make letters
- Use letter cookie cutters in play-doh or cookie dough
- Write on a chalkboard
- Write with sidewalk chalk
- Write on an easel or other vertical surface (i.e. tape paper to the wall or a door).
- Use crayons or chalk instead of markers for writing words/ letters
- Practice writing letters on thick carpet
- Spell words while hitting a suspended ball
- Spell words while throwing or catching a large ball
- Spell words while bouncing on a therapy ball
- Spell words while hitting a balloon in the air