

Sensory Activity Planner (Weekly - Pre-filled Ideas)

This planner includes simple, ready-to-use sensory activities. You can follow or customize based on your child's needs.

Day	Morning	Afternoon	Evening	Notes
Monday	Jumping on mattress	Sensory bin (rice)	Calm music	
Tuesday	Stretching + movement	Water play	Dim light relaxation	
Wednesday	Trampoline/jumping	Playdough	Story + soft sounds	
Thursday	Yoga for kids	Finger painting	Quiet corner time	
Friday	Dance activity	Bubble play	Deep pressure (hug/blanket)	
Saturday	Outdoor walk	Sand play	Calm music	
Sunday	Free movement play	Ice play	Relaxation + breathing	

Tips: Keep activities short (10–20 minutes). Observe what your child enjoys most and repeat those activities.