Summer Sensory Strategies

Sensory Exploration

Summertime is a time for fun and a change in pace. For many individuals, this can be an opportunity to play, rest, and relax. For others, this can be stressful, overwhelming, and disorganizing. There are many effective strategies to reduce stress, maintain skills, and to improve sensory processing.

Summer is an opportunity for new sensory experiences
- Learn about and try new seasonal foods through cooking activities
  - Plan a sensory-rich activity each day
- Create sensory bins with water or sand or play in sandboxes or a pool
  - Limit electronic use to a set time per day (use a timer if needed)
- Schedule times to safely swim together for great proprioceptive and tactile input
- Consider sensory needs with swimwear and sunscreens. Buy soft fabrics and fragrance-free lotions or sprays. Apply before you leave (apply lotions/sprays) when possible
  - Use sunglasses and hats for sensitive individuals
  - Ride bicycles or scooters
- Play on playground equipment and build obstacle courses together
  - Monitor for signs of overstimulation or frustration
- Schedule an activity or craft time for fine motor play, with clays, drawing, and other fine motor options each day

For creative ideas, visit us on Pinterest [http://www.pinterest.com/IRCAIU/](http://www.pinterest.com/IRCAIU/)

Kristi A. Jordan, OTR/L
Research Associate & Educational Consultant
Indiana Resource Center for Autism - Indiana Institute on Disability and Community - Indiana University
1905 N Range Rd. Bloomington, IN 47408-9801 - Phone (812)855-6508 - Fax (812)855-9630 - http://www.idc.indiana.edu/irca