

# How to Use Your 30 Days of Sensory Play Calendar

A sensory play calendar is a simple way to add variety and balance to your child's day. Each activity is quick, low-prep, and designed to support focus, regulation, and fun.

## 1. Prepare Your Calendar

- Print the calendar (lamine if possible so you can reuse it).
- Post it somewhere visible — fridge, classroom wall, or calm-down corner.

## 2. Choose Daily Activities

- Each day, pick the activity listed or let your child/students choose.
- Activities are short (about 10–15 minutes) and use common items.
- You can follow the 30-day order or mix and match based on your needs.

## 3. Track Progress

- Mark off each activity with a ☒, sticker, or coloring in the box.
- Celebrate small wins! Motivation helps kids stay engaged.
- Use it as a challenge: “Let’s see if we can finish all 30!”

## 4. Balance the Input

- Try to mix active (jumping, swinging) with calming (deep breathing, stretching).
- This helps build a well-rounded sensory diet across the month.

## 5. Tips for Success

- Keep it fun — this is play, not homework.
- Offer choices between 2 activities if your child is resistant.
- Adapt activities for age and ability (younger kids may need shorter times).
- If something doesn’t work one day, try again another time.

## ✨ Remember

Every child is unique. Use the calendar flexibly and discover what activities help your child regulate best. The goal isn’t to “complete” all 30 perfectly — it’s to explore sensory play in a fun, low-stress way.

# 30 Days of Sensory Play

30 Days of Quick, low-prep activities to build focus, regulation, and fun!

<b>1</b> Water play with cups, spoons, and funnels	<b>2</b> Playdough exploration— roll, squish, and cut	<b>3</b> Rice bin with scoops and hidden toys	<b>4</b> Bubble wrap stomping or jumping	<b>5</b> Finger painting with washable paints
<b>6</b> Sensory walk —barefoot (grass, sand, carpet)	<b>7</b> Shaving cream play on a tray	<b>8</b> Sand play with buckets and molds	<b>9</b> Pom-pom scoop with spoons	<b>10</b> Freeze toy rescue (toys in ice)
<b>11</b> Bean bag toss game	<b>12</b> Nature scavenger hunt	<b>13</b> Water beads bin exploration	<b>14</b> Balloon play (toss and catch)	<b>15</b> Homemade slime squish
<b>16</b> Swinging (pod or platform)	<b>17</b> Musical instruments exploration	<b>18</b> Glow sticks in a dark room	<b>19</b> Cotton ball painting	<b>20</b> Play with textured fabrics
<b>21</b> Lego or block building for tactile play	<b>22</b> Whisk and soap foam fun	<b>23</b> Jumping on a trampoline	<b>24</b> Sensory bottle creation (glitter, water, oil)	<b>25</b> Chalk art outside
<b>26</b> Hide-and- seek with textured items	<b>27</b> Scented playdough (lavender, lemon)	<b>28</b> Listen walk— identify outdoor sounds	<b>29</b> Nature Texture Tray (leaves, sticks, rocks)	<b>30</b> Rolling over a therapy ball

