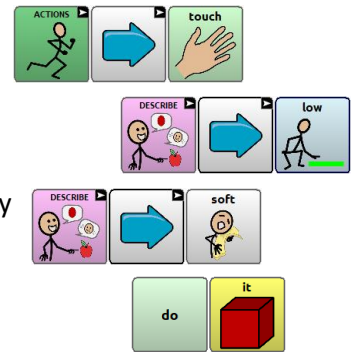
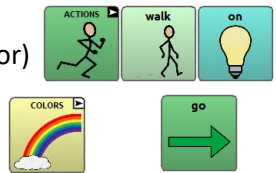
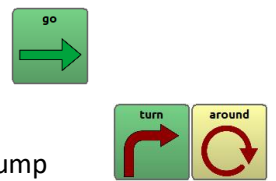
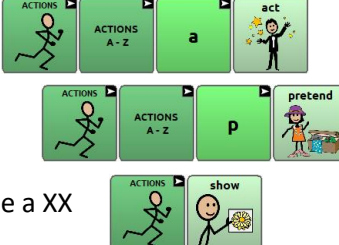
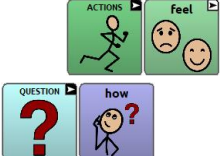


Sensory Hallway

Do you want to build a sensory hallway? A sensory hallway can be a great thing to have around! It can be a place to take a break. You can calm or energize your body depending on what is needed in a sensory hallway. Below we have some ideas on easy to make activities for your sensory hallway. Also, we have provided some ideas on what you could say and model on an AAC device while playing in your sensory hallway. Our suggested sensory hallway has 5 sensory stations, but feel free to add or subtract activities to your sensory hallway.

Station	Tips and Ideas to Make Sensory Stations	What You Can Say and Model
# 1 High Five Wall	<p>Place hand prints, post-it notes, or some other marker on the walls. The child should touch, tap his/her hands on the same spot. How to make this activity different or easier/harder.</p> <ul style="list-style-type: none"> The easiest way to complete this sensory station is just let the child move down the wall tapping each hand print. You can alternate the hand prints high and low to get some more movement while tapping the hand prints. The child has to hit the hands hard or softly. Or they can alternate the strength of their taps. Color in the hand prints and the child has to listen for which color is called out. Make this harder by also adding how strong they should tap the hand print. For example, "Touch the red hands hard." One other option is to print individual hands. The child then has to touch the hand print with the matching right or left hand. 	<ul style="list-style-type: none"> Touch it High Go low Hard Do it soft Touch it softly Do it fast Do it slow Push it 
#2 Follow the Line	<p>At this sensory station, the child will follow the line from start to finish. This can be a way to create twists and spins to give vestibular input to the child. Create overlapping and twisting, turning lines using tape, yarn, or string secured to the floor. Try to create some lines with more twists and turns for more vestibular input, others can be less winding and straighter for less vestibular input.</p>	<ul style="list-style-type: none"> Walk on it Walk on the (color) Colors (e.g. red) Go fast You can do it 
#3 Jumping Arrows	<p>In this activity, place two arrows side by side. Each of the child's feet should land on one arrow each and be facing the direction the arrow is pointing. Again, you can make this as easy or difficult as you want.</p> <ul style="list-style-type: none"> To make it easy, place the pair of arrows close together and turn only a quarter of a turn at a time. To make it more difficult, place the arrows far apart from each other. Also, you could make the directions opposite. 	<ul style="list-style-type: none"> Go Jump Turn around On the line Turn around and jump 

Sensory Hallway

#4 AAct It Out	<p>At this station, have the child act out different actions or emotions. You can use cards that you already have, you can make some cards with Chat Editor, or there are a few attached in the resources section below.</p> <ul style="list-style-type: none"> You can make the child pretend to be different animals. Pretend to feel different emotions. Pretend to be or do things. Your imagination is the limit. You can change these to have a theme depending on what you are working on. Some suggested themes: animals, emotions, sounds, jobs, objects in nature, etc. 	<ul style="list-style-type: none"> Pretend to be... Be like a XX Act like a XX Show me XX You are a XX You pretend to be a XX 
#5 Feel It Center	<p>After jumping and turning and tapping the wall, the Feel It Center can be a place to start to calm down. You can create a board of different textures, you could have a bin of different textured items, or you could change the texture one per day/use.</p> <p>Some textures you can use: soft blanket, wool blanket (scratchy), hard rock, sand paper, bumpy ball, spiky ball, ice cubes,</p>	<ul style="list-style-type: none"> Feel it Do you like that? What does it feel like? How does it feel? What do you think? 

Other Activities You Can Add:

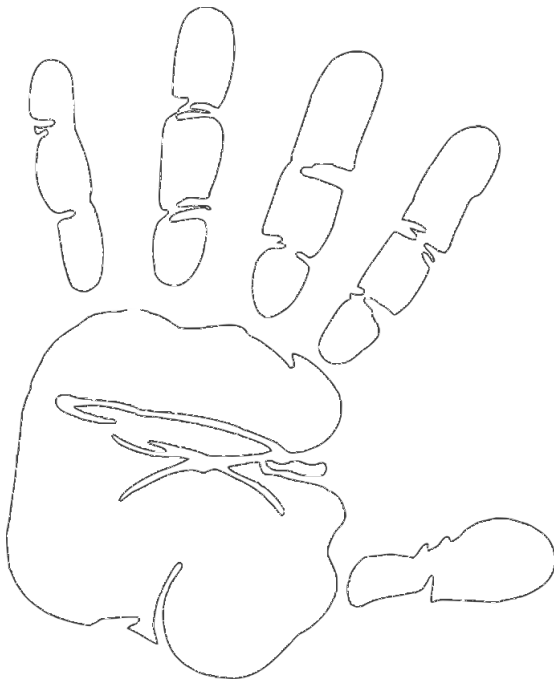
There are many sensory hallway ideas on Pinterest and other websites. The ideas above were intended to give you some easy, quick, and cheap ideas to create a sensory hallway. If you wanted to add to your sensory hallway here are some ideas:

- Give your sensory hallway a theme. The theme could be something your child loves. Some example themes are: animals, nature, superheroes, numbers, or the alphabet.
- You can add some other physical exercises to your sensory hallway, like jumping jacks, push-ups, etc.
- Add a numbers and letters station! The child has to count the items on the wall; or count to a certain number; or find a number on the wall. Some ideas for adding the alphabet: the child has to say the alphabet; or say a word that starts with a certain letter.
- Add a music station to your sensory hallway!

The following pages have a few print out resources that you can use to get your sensory hallway started. Have fun!

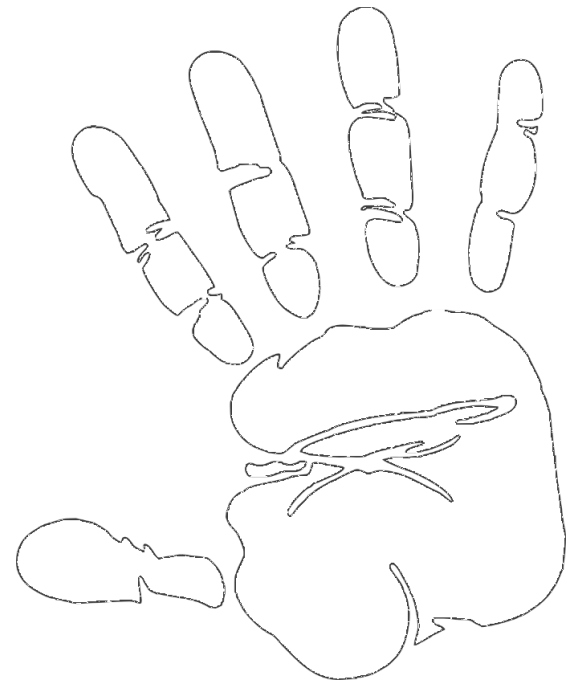
Sensory Hallway

Resources to Get Started

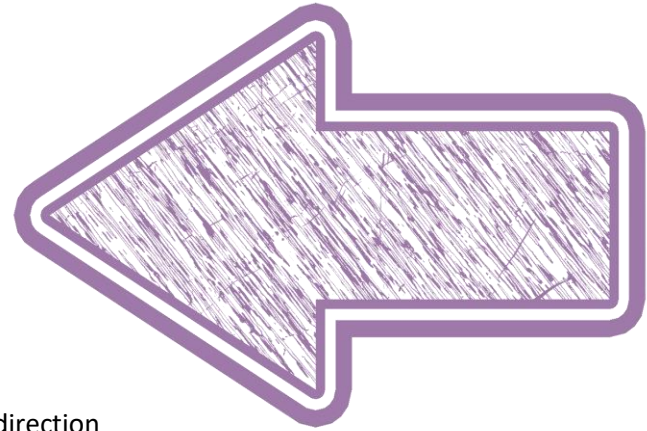
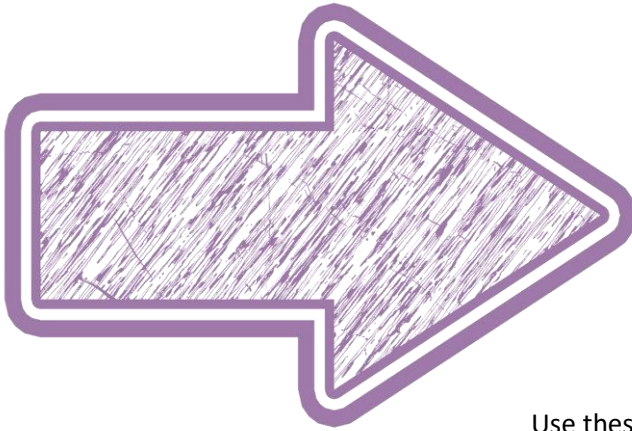


High Five Hall Way

Use these hand prints to make your High Five Wall. You can print multiple copies for your wall. You can also color the hand prints in to make fun colors.



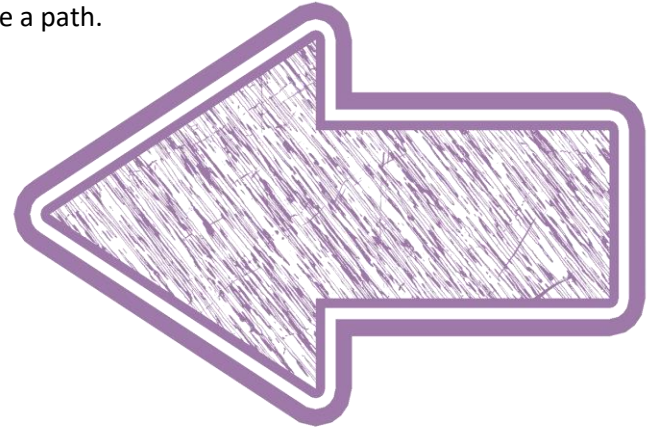
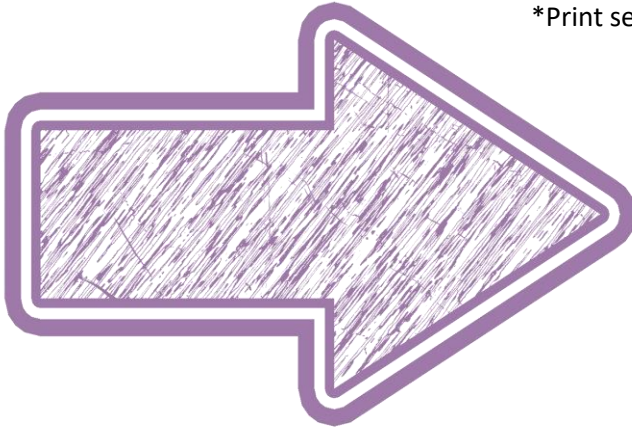
Sensory Hallway

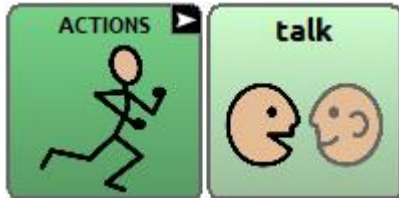


Jumping Arrows

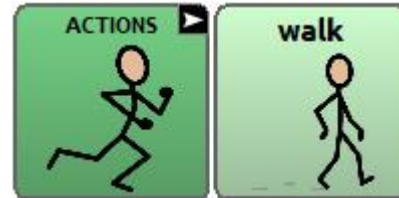
Use these arrows in pairs to show which direction to jump toward.

*Print several copies of this page to create a path.

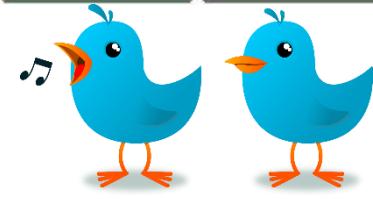
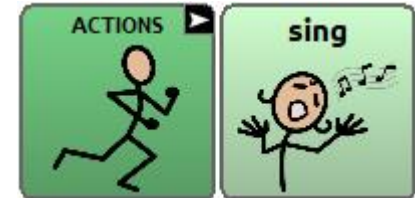




Talk like a dog



Walk like a crab



Sing like a bird

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AACT IT OUT
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Animals