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Helping Children Reach their True Potential

Activities to Raise Arousal Level

- Swinging- Swinging provides some of the most intensive vestibular input.
- Jumping in place
- Bouncing on large ball
- Hippy Hop ball
- “Daddy Play”- Tick tock, swinging by arms or ankles
- Playing in ball pits
- Play in a variety of textures: sand, water, play-do, silly putty, cookie dough, oatmeal, finger paints, shaving cream, rice, beans, brushes, creams
- Jumping on trampoline or in bounce house
- Log rolling- roll back and forth to retrieve objects like clothes or shoes
- Sit and spin or spinning in office chair
- Dancing, marching, twirling
- Jumping rope
- Imitating head positions
- Slides and climbing on playground equipment
- Shake and stretch body
- Pass ball over head and through legs
- Summersaults
- Create an obstacle course to crawl under, over, through chairs, cushions, pillows, etc.
- Jumping or walking on pillows and couch cushions

Remember each child is unique in how he or she processes sensory input. A child should never be forced to do sensory activity they refuse because it may be causing distress to the nervous system. All sensory activities should be done under the guidance of a therapist trained in sensory integration who is able to determine the unique needs of your child.