

Sensory Seeking Activities for Adults

Twister with a Twist

Materials

- Twister mat
- Circles of textured materials (such as artificial grass, felt, towel and sandpaper)

Preparation

- Cut the material into the same size circles as the coloured circles on a Twister game board.
- Use one material type for each colour (for example, artificial grass could represent green on the normal board).
- Either glue the material circles over the printed circles on the board or simply place them on the ground in a grid format.
- The more circles you make, the larger your grid can be allowing more players at once.

Instructions

- Play according to the traditional rules of Twister; however, instead of calling out a colour and body part placement, call out the corresponding material texture. An example might be "Right hand to something smooth."
- The different textures and body motion/balance input offered in this game will appeal to adults seeking lots of large motion sensory input.

Pottery

Materials

- Potter's wheel
- Pottery clay
- Essential oils (optional)

Instructions

- Create artistic masterpieces or functional pieces of clay work using the wheel and clay.

- The motion and feel of the clay spinning through their hands will give adults a large amount of sensory input; however, you can increase this by adding a drop or two of essential oils to add an aromatherapy aspect to the activity.

Chalk Ball Battle

This game will get messy and will involve high levels of activity.

Materials

- White shirts
- Small balloons
- Water
- chalk (either random colours or just two colours)

Preparation

- Add chalk to each balloon (you do not have to match the balloon colour to the chalk colour, but this would make the game more sensory sensible).
- Add water to the balloons and tie them.

Instructions

- Request that all players wear white shirts on the day of the game.
- Divide the players into teams.
 - If you have made balloons using only two colours of chalk, then assign a colour to each team.
- Instruct teams to throw the water balloons at each other in order to paint the shirts of the opposing team.
 - This will be like a typical water balloon fight, you want to hit your opponent, but not get hit.
- The team that comes out the cleanest wins.

Adjustment

- If throwing the balloons at each other is not an option (often, people with autism are hypersensitive to pain), consider having a group art project to decorate the side of a concrete building or large wall canvas with the balloons.

Sensory Avoiders Activities

- Reading in a quiet, comfortable place.
- Listening to music in a darkened room.
- Singing.
- Swimming.
- Card games.
- Puzzles

6 Sensory-Friendly Activities and Experiments for

Adults Sensory activities engage the body and mind, helping autistic adults to work off stress and manage their emotions. The activities help participants filter different sensory inputs and choose where to focus. Want to give it a try? Check out these fun activities!

1. SENSORY BIN



Stimulate the senses of touch and sight with a **sensory bin**. To make a bin, fill a container with a filler material, such as rice, sand, or shaving cream. Then add in small objects in varying shapes, textures, and colours.

2. CALM-DOWN JAR



Calm-down jars—**clear containers filled with glitter** or confetti-saturated water—provide a calming sensory experience for adults who are over-stimulated and overwhelmed. The gentle movement of the glitter in the water has a soothing effect, and the sparkle offers an external focal point. The jars are portable and easy to pop in a bag.

3. VINEGAR EXPERIMENT



Put a colourful twist on the classic vinegar and baking soda experiment by adding colourful gelatine to the mix. To run a **Jelly and vinegar experiment**, mix powdered Jelly with baking soda in a bowl. Pour in vinegar to create an explosion of foam and colour that engages all five senses.

4. TACTILE EXPERIMENTS



Gather a **collection of items** with different surface textures, such as sandpaper and satin. You can take this to the next level by introducing warm and cool objects into the mix. Mix altogether in a box, close your eyes and try to guess what they are.

5. SCENTED PAINT



Combine the senses of sight and smell with scented paint. **Make your own paint** by blending clear glue, food colouring and aromatherapy oils; add glitter for extra impact.

6. POPPING BUBBLE WRAP



Popping bubble wrap is a popular sensory activity for people of all ages, from small children to elderly adults. The pressure on the bubbles engages the sense of touch, and each bubble makes a satisfying sound when it pops. You can use your hands and feet to try out different sensations.