

Auditory Sensory Activities:

- use noise reduction headphones
- use a sound machine or white noise such as a fan or fountain
- simplify language when giving verbal instruction
- play clapping games (you can find great ones on YouTube)
- read books with rhyming or repetitive patterns
- snap, clap or stomp
- play a sound discrimination game (near, far, loud, soft, high, low)
- blindfold child and call out directions for them to find a treasure
- audio books
- play a game where you quietly sit and listen to find as many sounds as you can
- listen to music
- have your child learn to play an instrument
- go for a walk and listen to sounds in nature
- make instruments out of household items and have a marching parade around the house
- teach your child to anticipate noises that may occur such as the sound a balloon will make when it pops
- drum patterns on the table with your hands and have your child copy the pattern
- make a rainfall rattle together or rainfall sensory bottle
- egg shakers can be held in the palm of the hand and provide a calming sound for some kids
- use microphones or voice changers
- play games such as “Simon Says” that involve following directions
- pop bubble wrap
- the steady tick of a metronome can be calming
- add jingle bells, whistles, harmonicas, or plastic eggs filled with rice or popcorn seeds to sensory bins
- have them close their eyes and guess the sound (ripping paper, grinding coffee beans, popping popcorn)
- play the telephone game where you whisper something and see if the message changes