

# Oral Sensory Activities:

- blow bubbles (lavender bubbles are extra calming)
- chew bubble gum
- bubble painting
- keep a feather in the air across the room
- drink a thick milkshake or smoothie through a straw
- whistle
- learn to play on a recorder
- play a harmonica
- party blower
- “suck it up” (pick up small objects by sucking through a straw)
- drink through a curly straw
- wear chewelry (**Chewelry** is a necklace or bracelet that provides sensory input to the mouth, lips and tongue. It is a safe, non-toxic, durable silicone sensory tool that has worked with children, teens, and adults with autism, ADHD, and sensory processing disorders)
- try crunchy foods (carrot sticks, apples...)
- try chewy foods (marshmallows, gummy bears...)
- blow up a balloon
- blow out candles
- use a vibrating toothbrush
- whistle or hum
- lick cold ice cream
- drink through a sports bottle
- blow a pinwheel
- use a firm toothbrush to brush teeth, gums, roof of mouth