

BACKYARD SENSORY DIET ACTIVITIES

- Slide down a hill on cardboard
- Grass sensory bin
- Use a magnifying glass to inspect the grass and dirt
- Mud kitchen
- Roll down hills
- Animal walks with bare feet
- Create nature "soup" with grass, flower petals, sticks, etc.
- Pick flowers
- Cartwheels and tumbling on the grass (barefoot or with shoes!)
- Water Table with nature
- Cartwheel or tumbling
- Target games
- Bean bag games
- Relay races
- Hide and seek games
- Simon Says games
- Tag
- Bell parade
- Kazoo sound hunt
- Listening for birds or animals
- Record backyard sounds and playback the recording. Try to recognize and name the sound and where it was located in the yard.
- Fill containers with items from the backyard. Shake plastic containers or even paper bags with the items and see if your child can name the objects.
- Play Marco Polo in the yard!
- [Auditory backyard games](#) like: Neighborhood Listening Scavenger Hunt, Auditory Hide and Seek, Listening Tag, Noisy Toy Positioning Game
- [Create with recycled materials](#) and make arts, crafts, and activities.
- Pull plastic ware out of the cupboards and sort the lids onto the containers.
- Mix colors with food coloring in water.
- Blow bubbles
- Jump rope
- Play Kickball
- Throw a book picnic: grab snacks, a blanket, and a pile of books and head outside.
- Dress up with old fancy dresses and clothes from mom's closet (then throw them in a bag and donate!)
- Bake
- Poke holes in a cardboard box and [push pipe cleaners through the holes](#)
- Bowl with recycled plastic waterbottles
- Act out a favorite nursery rhyme

- Play Pizza Tag: one person is "it" and chases the others. Players run from "it" and can stay safe from being tagged by naming pizza toppings and touching the ground.
- Put dollhouses or play sets into a [bin of shredded paper](#).
- Play hide and seek
- Climb trees
- Watch and draw clouds
- Tell stories where one person starts a story and each person adds a sentence to continue the story. Write it down and illustrate your story!
- Make and deliver lemonade to neighbors
- Go birdwatching
- Make [creative firefly catchers](#) and then catch the fireflies that night.
- Play charades
- Act out a favorite book
- Create with finger paints (make your own with flour, water, and food coloring or washable paint!)
- Sing songs
- Turn on music and dance
- Pick flowers and give them to neighbors
- Make [crafts](#). Have an art show and invite friends.
- Create a [spatial concepts map](#)
- Spin in circles.
- Swing side to side on a swing set.
- Hang upside down from swing set equipment.
- Swing on a hammock.
- Backyard dance party. Encourage lots of whole body movements and spinning.
- Cartwheels
- Tumbles
- Hopscotch
- Play Leapfrog
- Trampoline
- Catch a ball while standing, sitting, swinging, rolling a ball, catching between legs, etc.
- Hit a tennis racket at a target including bubbles, falling leaves, large balls, small rubber balls, and balloons
- Catch butterflies in a net
- Bubble pop, including popping bubbles with a toe, knee, foot, head, finger, or elbow
- goop
- play dough
- shaving cream
- [backyard messy play date](#)
- paper mache

BACKYARD SENSORY DIET EQUIPMENT

- Make a bin of outdoor toys that are readily available in your garage or storage area so that sensory play experiences are at your family's fingertips.
- Hoola Hoops
- Jump Ropes
- Balls
- Bat
- Tennis Racket
- Butterfly Net
- Baby Swimming Pool
- Tarp or Slip and Slide
- Water Hose
- Scoops and cups
- Sidewalk chalk
- Bike
- Scooter
- Skateboard
- Cardboard
- Target or net
- Shovels
- Buckets
- Play wheelbarrow
- Swingset
- Climbing structure
- Flashlight
- Magnifying glass
- Cones
- Bubbles
- Bean bags