



# SUMMER SENSORY LIST

## 15 things everyone should do this summer to support the nervous system

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- walk barefoot outside in the morning sun

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  - turn the internet / wifi off at night

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  - set up an obstacle course

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  - crawl around the house together before bed

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  - do a yoga flow outside - get that head upside down!

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  - bubble mountain - blow bubbles in a bowl of water + soap with a straw

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  - eat dinner by candlelight

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  - play a game together while everyone lays on their tummy on the floor

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  - create a visual schedule to follow the daily routine

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  - make homemade popsicles

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  - have a dance party to everyone's favorite songs

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  - set a timer for every hour to take a deep breath

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  - pick a random BrainWorks activity card to do everyday

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  - read and move with The Jungle Crawl

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  - practice a new skill like jumprope, skip hop, or cross crawls

