

Low-Stimulation Activities - September

30 gentle activity ideas to try for calmer summer days

1. Draw a picture of your favourite thing  ☐	2. Build a cosy blanket den  ☐	3. Go on a nature walk and collect leaves  ☐	4. Play a favourite board or card game  ☐	5. Have a music and dance party  ☐
6. Go on a nature walk or animal spotting walk  ☐	7. Have a cosy bath or sensory water play  ☐	8. Movie Afternoon  ☐	9. Make an autumn picture  ☐	10. Complete a puzzle together  ☐
11. Bake or decorate something yummy  ☐	12. Choose a new book to read together  ☐	13. Have a completely lazy day  ☐	14. Try a new craft activity  ☐	15. Collect autumn treasures  ☐
16. Bubble play  ☐	17. Play a favourite video game together  ☐	18. Make a collage  ☐	19. Let your child choose the activity  ☐	20. Family movie night  ☐
21. Visit a park or outdoor space  ☐	22. Paint with autumn colours  ☐	23. Make or decorate cupcakes  ☐	24. Have a torchlight adventure at home  ☐	25. Try a quiet, calming activity  ☐
26. Make leaf rubbings  ☐	27. Have a silly dance-off  ☐	28. Have a pyjama day  ☐	29. Create something using recycled materials  ☐	30. Talk about your favourite thing from September  ☐
	 Favourite activity	 Remember...	 Today's win	