

Low-Stimulation Activities - July

31 gentle activity ideas for calmer summer days

1. Read under a tree ☐	2. Cloud watching (Make cloud pictures) ☐	3. Water painting (Finger paint with water on patio) ☐	4. Colour hunt (Find 5 green things... 5 blue things...etc) ☐	5. Teddy picnic (Indoors or outdoors) ☐
6. Make playdough (Use lavender or mint to scent) ☐	7. Listen to calming music & colour together ☐	8. Nature scavenger hunt ☐	9. Freeze toy animals in ice and rescue them ☐	10. Build a cosy reading den ☐
11. Wash toy cars or dolls (Use warm soapy water) ☐	12. Blow bubbles Watch them float, count them, where are they going? ☐	13. Make leaf or flower rubbings ☐	14. Slow sensory walk (What 5 things can you hear/see/smell?) ☐	15. Make homemade ice lollies ☐
16. Draw with chalk outside ☐	17. Create a sensory bottle ☐	18. Watch the sunset together ☐	19. Water the garden with little watering cans ☐	20. Make a bracelet using pasta or beads ☐
21. Listen to an audiobook (Cuddle on the sofa) ☐	22. Feed ducks or birds (Where appropriate) ☐	23. Paint rocks to hide or keep (Why not write special messages on them?) ☐	24. Make a sensory calming tray with rice or oats ☐	25. Do five minutes of animal stretches ☐
26. Have a family board game (No pressure) ☐	27. Build with blocks or lego ☐	28. Make homemade smoothies ☐	29. Watch the rain (or water) Chat about the sounds ☐	30. Have a "yes" hour where your child leads the play (within safe boundaries). ☐
31. Celebrate the month with hot chocolate and share your favourite memory ☐	 Favourite activity	 Remember...	 Today's win	