

5 Easter Sensory Activities

This Easter, add a dash of excitement to your children's festivities, from sensory bins to egg races and craft projects, these Easter sensory activities promise a delightful blend of fun and skill development. In this article, we'll explore five sensory activities picked by our resident OT, Lelanie Brewer, that are Easter themed. Let the festivities begin!

Easter Sensory Bin: Fill a tub or container with materials of your choice (e.g., rice, beans, ball pit balls) and hide plastic easter eggs in between.

A fun activity to develop tactile discrimination and you can bring in the teaching of colours and shapes by sorting objects. Opening and closing plastic [easter eggs](#) are also good for developing hand strength and bilateral coordination.



Easter egg & spoon race: Carrying an easter egg on a spoon (we suggest plastic [easter eggs](#)) is a great activity for developing motor and postural control. This activity can be varied by adding obstacles or adding to the distance.



Easter egg hunt with gross motor activities: Stick pictures of animals or written instructions for physical activities e.g. bunny hops inside your [plastic easter eggs](#) for children to carry out once finding the easter eggs.

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Draw and Decorate
an Easter Egg

Easter egg crafts: Draw an outline of an egg and get children to fill it with stickers, shredded paper or colouring. All of these activities are excellent for developing visual motor integration and fine motor skills.

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Bunny ear crafts

Bunny ear print crafts: Get children to step in paint and make footprints on a large sheet of paper. Footprints can then be cut out to make bunny ears as part of a craft activity. A great activity for developing body awareness, tactile discrimination and fine motor skills. From enhancing tactile discrimination and fine motor skills to fostering creativity, these Easter sensory activities encourages developing skills through play, and may these festive moments leave lasting memories for both you and your little ones. Happy Easter!

Ref: SensoryHelpNow.org