

Sensory Storytime

At Home



Since you can't visit the library right now, do your own Sensory Storytime with these suggested books, songs, and activities perfect for sensory learning and self regulation.

Activity to Try

Grab a scarf, tissue, or other cloth to wave and say:

We wave and wave and STOP
(freeze on STOP)

We wave and wave and STOP

We wave and wave and wave

And wave and wave and wave

And STOP!

Then try other actions

like sway, spin, jump, clap, etc.

Books to Share

