

## 100+ Sensory Says Prompts

Created by Inclusiveteach.com, this collection of sensory prompts is ideal for 'Sensory Says' games, circle time, brain breaks, and inclusive classroom routines. These prompts are designed to support learners with sensory processing differences, autism, ADHD, and to promote sensory regulation and engagement.

### **Visual Prompts**

- Look for something red in the room.
- Follow my finger with your eyes.
- Find something shiny and point to it.
- Spot something that starts with the letter B.
- Look at a picture and describe what you see.
- Track the moving object with your eyes.
- Close your eyes, then open and look around quickly.
- Count how many colours you can see in the room.
- Look up at the ceiling for five seconds.
- Draw an invisible shape in the air with your finger.

### **Auditory Prompts**

- Clap when you hear the bell.
- Cover your ears, then uncover and listen.
- Snap your fingers quietly.
- Say your name in a whisper.
- Make a silly sound.
- Tap your feet to the beat.
- Click your tongue three times.
- Hoot like an owl.
- Say 'hello' in a robot voice.
- Listen for a mystery sound and guess what it is.

### **Tactile Prompts**

- Rub your hands on something soft.
- Squeeze your fists and then release.

- Touch something cold and describe it.
- Press your palms together really hard.
- Run your fingers along a rough surface.
- Pat your legs gently.
- Wiggle your fingers in the air.
- Pinch your shirt and pull lightly.
- Rub your hands together quickly.
- Touch your elbow with your opposite hand.



### **Smell Prompts**

- Sniff the lavender pouch.
- Smell something citrusy.
- Take three deep breaths in and out.
- Pretend to smell a flower.
- Sniff and wrinkle your nose like a rabbit.
- Guess the smell in the jar.
- Breathe in through your nose, out through your mouth.
- Imagine smelling your favourite meal.
- Close your eyes and sniff the air.
- Wave your hand to waft a smell towards you.



### **Taste Prompts (if appropriate)**

- Lick a sour sweet and make a face.
- Take a tiny bite of something crunchy.
- Pretend to eat your favourite food.
- Chew slowly and count to five.
- Describe how your snack tastes.
- Roll your tongue around your mouth.
- Tap your teeth together gently.
- Sip water and notice how it feels.
- Stick out your tongue and wiggle it.

- Imagine tasting something sweet.

### **Movement & Proprioception**

- Push against the wall with both hands.
- Jump on the spot five times.
- Stomp your feet like a dinosaur.
- Do a big stretch up to the sky.
- Pretend to climb a ladder.
- March like a soldier.
- Roll your shoulders slowly.
- Spin around once and freeze.
- Crawl on your hands and knees.
- Shake your whole body like jelly.

### **Emotional/Interoceptive Awareness**

- Show me your happy face.
- Put your hand on your heart and feel it beat.
- Give yourself a big hug.
- Stretch and say 'ahhh'.
- Take a deep breath and smile.
- Show me what tired looks like.
- Put both hands on your tummy and breathe.
- Act like you're surprised.
- Show me your calmest face.
- Lie down and relax all your muscles.