

# SENSORY QUINKS FOR SUMMERTIME

By Carol Stock Kranowitz, MA



**Looking for some activities to get the  
kids movin' and groovin' this summer?  
For fun in the sun in '21, here are five "Quinks."**

*A Quink is a made-up word denoting a "quick in-sync" activity.  
(Find more Quinks in the May-July 2018 and August-October 2019 issues of AASD.)*



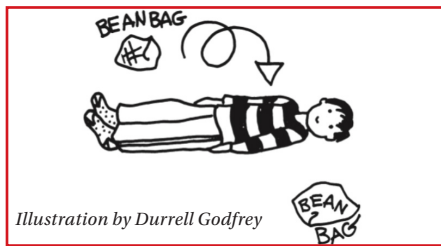
Learn more about these sensory-motor, perceptual-motor, and visual-motor activities in *The Out-of-Sync Child Has Fun* and in materials co-authored with Joye Newman: *Growing an In-Sync Child*, *In-Sync Activity Cards*, *A Year of Mini-Moves for the In-Sync Child* (52 weekly schedules), and *The In-Sync Child* webinars (a 10-part series). See [www.out-of-sync-child.com](http://www.out-of-sync-child.com) and [www.insyncchild.com](http://www.insyncchild.com) for details.

**[www.CarolStockKranowitz.com](http://www.CarolStockKranowitz.com)**



## ROLLING LOG

(from *Growing an In-Sync Child*)



**What You Need:** Two beanbags

**Have Your Child:**

- Throw the beanbags onto the grass, about 10' apart.
- Stretch out as straight as a log with his head on one beanbag.
- Keeping his eyes on the other beanbag, roll toward it and rest his head on it.
- Stand up, throw the beanbag, and do the activity again.

**Develops and enhances:**

- Visual processing
- Vestibular processing
- Perceptual motor skills of directionality, motor planning, and spatial awareness

## BYE, BYE BUBBLES

(from *Growing an In-Sync Child*)



**What You Need:** Bubbles, paper towel tube

**Have Your Child:**

- Any way she chooses, catch bubbles that you slowly blow, one or two at a time.
- Clap a bubble between her hands.
- Squeeze one bubble with one hand.
- Catch a bubble with one hand and another bubble with the other hand.
- Hold the cardboard tube in a vertical position with both hands and try to catch a bubble on the top of the tube.

**Develops and enhances:**

- Visual processing
- Tactile processing
- Perceptual-motor skills of bilateral coordination, laterality, and midline crossing

## SPLendor IN THE GRASS

(from *The Out-of-Sync Child Has Fun*)



**What You Need:** Hoop, tweezers, pie pan, magnifying glass

**Have Your Child:**

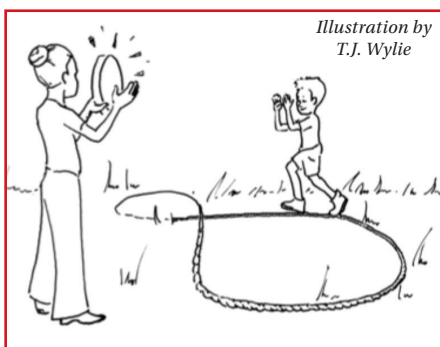
- Place the hoop on the ground and lie down near it.
- With fingers or tweezers, pick up things that are inside the circle and place them in the pan. Items may include plants (acorns, dandelions, mulch); animals (cicadas, worms, ants); minerals (gravel, mica, sand); and miscellany (bottle caps, popsicle sticks, plastic bits).
- Examine findings with the magnifying glass, categorize them, and then return them to Earth.

**Develops and enhances:**

- Visual processing
- Tactile processing
- Perceptual-motor skills of fine-motor and eye-hand coordination, laterality, and environmental awareness

## LISTEN AND WALK

(from *The Out-of-Sync Child Has Fun*)



**What You Need:** Rope, drum

**Have Your Child:**

- Help you lay out a rope in a linear, squiggly, circular, or figure-8 path.
- Straddle the rope with one foot on either side.
- Walk forward, backward, sideways, and heel-to-toe on the rope.
- Walk or march on the rope in time to your rhythmic beat as you steadily tap the drum.

**Develops and enhances:**

- Visual processing
- Proprioceptive processing
- Auditory processing
- Perceptual-motor skills of bilateral coordination, body awareness, directionality, and motor planning

## ME AND MY SHADOW

(from *In-Sync Activity Cards*)



**What You Need:** Sidewalk, chalk, beanbag

**What You Do:**

- Have your child lie on his back on the sidewalk while you trace around his whole body. Say, "Let's pretend this outline is your shadow."
- Have him stand up next to the outline and hand him a beanbag. Say: "Put the beanbag on your shadow's head. Put it on your shadow's tummy." Continue with other body parts.
- Say: "Now I'm going to touch you on your real body. Put the beanbag on the same place on your shadow."

**Develops and enhances:**

- Visual processing
- Tactile processing
- Perceptual-motor skills of body awareness and directionality.