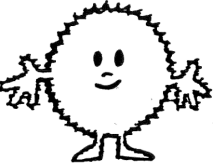

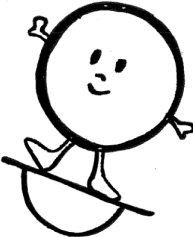

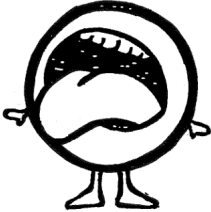

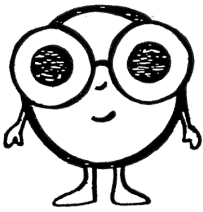


Calming and Alerting Sensory Activities

Sensory Area	Calming Activities Warm familiar predictable firm pressure touch, tight wrap	Alerting Activities Unexpected light touch, cold rough texture, moving of hair
Tactile 	<ul style="list-style-type: none"> ■ Wear weighted vests or ankle weights ■ Snuggle under blankets ■ Play with resistive putty ■ Stroke soft toy fur animal ■ Hold fidget, stress ball ■ Propped on elbows laying on the floor 	<ul style="list-style-type: none"> ■ Sustain light touch to palm of the hand ■ Hold/manipulate cold items ■ Gently and quickly rub the skin ■ Take a cool shower or wash face with cool washcloth ■ Receive a light back scratch ■ Pet a dog or cat ■ Handle fidget items ■ Intermittent use of a fan
Sensory Area	Calming Activities Heavy sustained resistance compression, slow stretch	Alerting Activities Fast, quick, unexpected changes, stops or starts abruptly
Proprioceptive 	<ul style="list-style-type: none"> ■ Wear weighted vests or ankle weights ■ Snuggle under blankets ■ Play with resistive putty ■ Stroke soft toy fur animal ■ Hold fidget, stress ball 	<ul style="list-style-type: none"> ■ Sustain light touch to palm of the hand ■ Hold/manipulate cold items ■ Gently and quickly rub the skin ■ Take a cool shower or wash face with cool washcloth ■ Receive a light back scratch ■ Pet a dog or cat ■ Handle fidget items ■ Intermittent use of a fan
Sensory Area	Calming Activities Slow, rhythmic linear movement	Alerting Activities Rapid or jerky angular movement
Vestibular 	<ul style="list-style-type: none"> ■ Slow rhythmical swinging, rocking, barreling or rolling ■ Jump on trampoline or do jumping jacks ■ Rock in a rocking chair ■ Roll back and forth in a barrel ■ Take a break to do an errand ■ Swing in a hammock 	<ul style="list-style-type: none"> ■ Quick start/stop swinging, bouncing, spinning, rolling or rocking ■ Jump on trampoline or do jumping jacks ■ Ride a scooter down a ramp ■ Sit and bounce on a therapy ball ■ Stand and twirl in a circle ■ Bend over and place head between legs ■ Do somersaults and cartwheels
Sensory Area	Calming Activities Odors associated with pleasurable comforting experience	Alerting Activities All odors tend to be alerting
Olfactory 	<ul style="list-style-type: none"> ■ Burn a vanilla scented candle (under supervision) ■ Smell potpourri in the classroom ■ Incorporate preferred scents within academic tasks (eg writing with scented pen) ■ Use scented crayons or markers 	<ul style="list-style-type: none"> ■ Use scented lotion or soap between activities ■ Spray a citrus room deodorizer before academic activities ■ Use scented materials in projects ■ Receive scratch-and-sniff stickers as a

Calming and Alerting Sensory Activities

Sensory Area	Calming Activities Eating chewing, sucking and blowing activities	Alerting Activities Eat crunchy, sour, chewy, salty or cold foods
Gustatory 	<ul style="list-style-type: none"> ■ Chew or suck mild flavors - suckers, hard candy, or chew toys ■ Suck thick liquids through a straw ■ Drink from a sports water bottle ■ Chew/suck on a keychain, necklace, pen top ■ Play a musical instrument ■ Blow whistles, bubbles, feathers, balloons, cotton balls, etc. ■ Drink warm liquids ■ Engage in eating chewing, sucking and blowing activities ■ Engage in blowing activities paired with eye-tracking exercises (blowing pong ball with straw) 	<ul style="list-style-type: none"> ■ Eat crunchy foods, such as pretzels, ice, carrots, celery, apples ■ Eat chewy foods, such as licorice, taffy, beef jerky, gum ■ Blow whistles, bubbles, feathers, balloons, cotton balls, etc. ■ Eat ice or popsicles ■ Keep a water bottle with cold water on desk ■ Eat sour, chewy, salty or cold foods ■ Engage in eating chewing, sucking and blowing activities ■ Drink ice water
Sensory Area	Calming Activities Familiar or quiet gentle, sing0song rhythm, low tones	Alerting Activities Unexpected, loud, complex, pronounced
Auditory 	<ul style="list-style-type: none"> ■ Listen to quiet music with slow, even beat ■ Listen to soft singing or humming ■ Cover ears when a loud or unexpected noise happens ■ Work in a quiet environment ■ Use headphones to shield from noise 	<ul style="list-style-type: none"> ■ Listen to music with varied pitch, sound loudness or uneven/fast beat ■ Speak with animated high and low voice ■ Enjoy frequent opportunities to examine novel sound-producing toys (eg chimes, squeeze toys, rain stick) ■ Prepare in advance for loud/strange noises ■ Use sound-producing materials to complete classroom projects
Sensory Area	Calming Activities Unchanging stimuli, subtle or subdued patterns	Alerting Activities Peripheral vision, bright colors or lights, unexpected sights
Visual 	<ul style="list-style-type: none"> ■ Work in dim lights or lights turned off ■ Block distractions using, screen, room divider, or study carrel ■ Wear sunglasses ■ Provide visual materials such as a glitter wand, oil and water toys, fish tank ■ Work at distraction-free desk ■ Work in soft or limited light and pastel colors 	<ul style="list-style-type: none"> ■ Work in bright lights ■ Use a flashlight to point or highlight important information ■ Use brightly colored paper ■ Use a highlighter to underline important text ■ Use colored chalk ■ Use slant board to place materials at an angle