

Sensory Strategy Cheat Sheet

****Things to do throughout the day at home to feed your child's sensory system to support regulation for focus and calming****

Smells *Gustatory can be alerting or calming*

- Essential Oils - Peppermint, Lemon (Alerting)
Vanilla, Lavendar (Calming)
- Scented lotion with massage (Calming)
- Scented Chapstick

Touch *Tactile is calming and organizing

- Lotion Massage/massage
- Joint Compressions
- Hugs - people, pets, stuffed animals
- Compression vest
- Sensory boxes - toys on kinetic sand, beans to scoop, sand box
- Sensory bin - beads, fidgets, squeeze balls, pom pom balls
- Bubble wrap popping
- Roll ball over child
- Body sock
- Playdoh/putty/kinetic sand

Sight *Visual inputs can be calming and organizing

- Relaxing pictures - waterfalls, fishtank, rain, ocean, forest
- Lights down or off
- Decrease visual inputs (one item at a time)
- Turn off technology - natural lights, natural images
- Contrast - black on white (letters) or white on black

Sound *Auditory is alerting, calming or organizing

- Rhythmic beats - music with even beat (60 beats/min)
- Classical music
- Dance music - follow fast song with slow song
- Pink Noise - Spotify
- White Noise - dishwasher running, fan, vacuum
- Earth Drums, Whale Sounds, Nature Sounds, Rain - pair with visual

Taste and Oral Motor (resistive sucking)

alerting, calming or organizing

- Hard Candy - Jolly Ranchers, Peppermints
- Chewy - Starbursts, gum, gummy bears/worms
- Crunchy - pretzels, crackers, chips
- Lollipops
- Sour - Sour Patch Kids, Lemonade mix on gummy bears
- Drinking with a straw
- Blowing bubbles

Heavy Work (Muscle Work)

calming or organizing

- Jobs around the house - wiping table, carrying laundry or groceries, vacuuming, transfer wet laundry to dryer, stack cans, wash table, spray bottles
- Ride a trike, bike
- Pull a wagon
- Wall pushes

- Jumping jacks
- Running in place
- Push a basket of stuffed animals
- Carry a backpack with 3-4 pounds of weight or items
- Pick up items - books, toys, groceries, bucket of sand, basketball
- Climb a slide and go down
- Hang on monkey bars
- Climb a tree
- Crash into pillows
- Up and down stairs

Movement

alerting, calming or organizing

- Walking
- Running
- Rolling on the ground
- Sliding
- Crawling on the ground, in a tunnel, under pillows
- Swinging back and forth
- Ride a bike
- Swimming
- Yoga poses
- Dancing
- Play outside
- Play games - Red Rover, Tag
- Obstacle course - in the yard, in the basement
- Scooter board - on your tummy, takes turns pulling

