

Alerting and Calming Sensory Input for Kids

	<u>Alerting Sensory Input</u>	<u>Calming / Organizing Sensory Input</u>
Generalizations	Faster, irregular, less predictable	Slow, steady, rhythmic, repeated, predictable
Movement:	Fast, arhythmic, unpredictable Jumping Bouncing Spinning Swinging Rolling Crashing Hopping Running Skipping/galloping Inflatable seat cushion or sit on therapy ball Activities: Log roll, forward roll, sit and spin, swivel chair, trampoline/couch jumps, leap frogs, bunny jumps, bounce sitting on a ball	Slow, rhythmic, repetitive movement Rhythmic seated bouncing on therapy ball Slow linear back/forth movement: Swinging/ rocking (no spinning) Rocking slowly lying over a ball Jumping to a rhythm on a trampoline/couch/bed Riding a bike up hills (pedaling against resistance) Inflatable seat cushion (Move-N-Sit/Disc-O-Sit) or sit on therapy ball Crashing: onto pile of pillows Activities: hippity-hop, rocking chair, rocking horse
Heavy Work: Promotes a just right arousal level	Pushing/pulling Carrying/lifting Crashing Hanging stomping clapping "Burrito"-Roll-up in blanket/towel Pushing or pulling heavy furniture; pillows on and off couch Carrying books, laundry, groceries, or something else approx (<5% of body weight) Wear weighted backpack (<5% of body weight) Wall/Table Press, Chair push-up Weight-bearing- wheelbarrow walk, crabwalk, bearwalk, etc. Isometrics: push hands together, hook hands and pull apart, push knee against hand, etc. Open and hold open heavy doors	Pushing/pulling Carrying/lifting Crashing Hanging Crawling Bear hug "Burrito"-Roll-up in blanket/towel Pushing or pulling heavy furniture; pillows on and off couch Carrying books, laundry, groceries, or something else approx (<5% of body weight) Wear weighted backpack (<5% of body weight) Wall/table Press, Chair push-up Arm Weight-bearing- wheelbarrow walk, crabwalk, bearwalk, etc. Isometrics: push hands together, hook hands and pull apart, push knee against hand, etc. Open and hold open heavy doors

<p>Tactile :</p>	<p>Cold - fan, A/C, breeze Cold wraps/Ice Light touch – tickling Tickle with feather Vibration- toys, stuffed animals, tooth brush HandFidget:Squeeze,squish balls/putty Hand exercises: palm press, finger pull, rubber band stretches Sensory bins: containers of beans, rice, salt, water beads</p>	<p>Avoid unexpected touch Deep touch:Deep pressure: Squeeze, brush, hug, massage, Pillow or cushion "sandwiches", therapy ball over child Vibration Hand hugs- hand squeezes each part of the body slowlyHand fidget: Squeeze, squish balls/ putty Hand exercises: palm press, finger pull, rubber band stretches Sensory bins: containers of beans, rice, salt, water beads Wear spandex clothing- Weighted lap pad/ blanket Warm wrap/towel</p>
<p>Auditory:</p>	<p>Louder and faster-paced Play Music Body-sounds-humming, whistling,singing, snapping,tapping</p>	<p>Speak with a Low voice, calmly, slowly, with minimal words Play music: slow and rhythmic Classical, rhythmic music, Drums, lullabies, or New Age, nature sounds, White noise</p>
<p>Oral Sensory/Olfactory</p>	<p>Crunchy snacks- celery, apples, carrots, pretzels Chewy resistive foods: dried fruit, jerky, bagels, chewelry, Gum Sour, Bitter, Spicy, Salty Bubbly- seltzer Drink from a sports cap bottle, or straw, drink thick liquids through a straw Essential Oil diffuser- lemon, peppermint, cinnamon Cold drinks/Cold snacks Vibration- vibrating toothbrush on lips and inside cheeks,on palette Mouth Noises-whistle,hum, blow</p>	<p>Crunchy snacks- celery, apples, carrots, pretzels Chewy resistive foods: dried fruit, jerky, bagels, chewelry, Gum Bland or sweet Drink from a sports cap bottle, or straw, drink thick liquids through a straw Essential Oil diffuser-lavender, chamomile Deep breathing exercises- “blow out the candles, 5 finger breathing Deep breathing: “blow out the candles”</p>
<p>Visual Activities:</p>	<p>Bright lights Use bright colored paper Bold fonts on worksheets Flashlights Light-up toys</p>	<p>Decrease visual stimulation Provide a darker space- tunnel or tent cuts out most visual stimulation from the environment slow-moving, dim, deep-colors for visuals</p>