



Sensory Sandwich

- Help your family stay calm, organized, and regulated while staying at home
- Proactively provide sensory input periodically throughout the day ideally every 1-2 hours for just a few minutes
- Sensory Sandwich: Sensory break to get 4 types of sensory stimulation
 - Movement
 - Heavy Work
 - Deep Touch
 - Oral- Deep breathing

Choose one from each column 1-4 for each sensory sandwich

1) Movement	2) Heavy-work	3) Deep Pressure	4) Oral
Log Rolling	Animal crawls	Bear Hugs	Blow bubbles with straw or wand
Jumping on bed/couch	Wheelbarrow walk	Sandwich between pillows	Belly breathing
Animal walks	Yoga poses	massages	Blow cotton ball with a straw