

Proprioception

This sense uses the nerve endings in joints, muscles, and skin to subconsciously make the brain aware of where the body is in a space, and how much force to use to accomplish a task. This sense is closely related to emotional responses

Olfactory

This system sends information to the brain through the nose. This sense is heavily involved in eating for picky eaters

Vestibular

This system uses the inner ear and gravity to send signals to the brain about up & down, side to side movement. It coordinates balance in activity with eye movements. Brains seeking balance in this system will use spinning and swinging to regulate self

Gustatory

This sense uses taste to send signals to the brain through the tastebuds. An over sensitive gustatory system can cause gagging with eating.

Tactile

This system gathers information from the skin's contact with the environment. A sensitive tactile system may avoid contact with textures, while a seeming tactile system may seek textures

Sensory system

Interoception

This sense communicates internal bodily functions and timing to the brain. Feelings of thirst, sleepiness, hunger, and toilet needs.

Visual

This sense brings in information through the eyes and interprets the environment through visual input.

Auditory

The system that receives and interprets sound. An overwhelming sound environment may cause a child to seek a noise that is consistent, even if it is louder than the environment



Proprioception

Vestibular

- swing back and forth on a swing
- swing on their belly
- hold them close to you and rock
- hold upside down by feet
- sit & spin toy 5x times each direction
- somersaults
- ballerina twirls

- Leap frog, crab walks, gorilla jumps
- wheelbarrow walking
- rhythmic jumping: count 10-20 jumps
- run with a destination
- climbing
- pull/push a heavy wagon
- gardening
- carry in groceries
- joint compression/squeezes

Olfactory

- coffee beans in a covered dish
- a single drop of essential oil in a sensory bin
- a scented bath time

Gustatory

- sour gummies
- dried fruit
- beef sticks
- spicy snacks
- crunchy snacks
- lollipops
- blowing bubbles
- tongue games

Tactile

- sensory bins: kinetic sand, water, oobleck
- hand massage
- leg and shoulder squeezes
- roll a yoga ball over the child
- pillow sandwich

Activities to satisfy each system

Interoception

- gentle vibrating massage tool to belly
- books describing feelings
- mindful breathing
- dancing
- squeeze your body and relax

Visual

- visual timers
- liquid visual fidgets
- brightly colored toys and books
- spinning toys

Auditory

- headphones with no music to reduce stim
- headphones with music to regulate
- music in the background
- musical toys

Vestibular



affiliate links

Proprioception

Compresso-T Deep Pressure Sensory Compression Undershirt
- Alternative to Vest



Weighted vest



Decreases wiggles
at the table



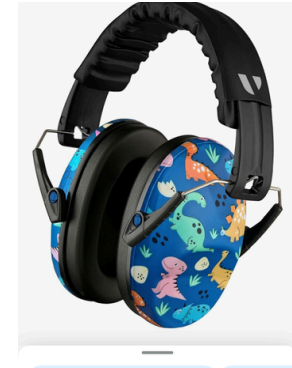
Fun and Function - Stretch Design Weighted Vest for Kids & Adults - Compression Vest for Kids with Sensory Issues - Black



Visual



Auditory



Tactile



Interoception

