

EVERYDAY SENSORY STRATEGIES

Alerting Strategies and Tools - help to "wake up" the brain and body and increase alertness and attention

Organizing Strategies and Tools - help the brain and body increase attention/focus for optimal learning and participation

Calming Strategies and Tools - help to down-regulate the sensory nervous system and return to a calm and balanced state

ALERTING	ORGANIZING	CALMING
<p>ACTIVITY Light touch Bouncing and fast movements Crunchy /spicy foods Peppermint or citrus scents</p> <p>ENVIRONMENT Cool temperature Music with quick, irregular beats Bright lights and bright colors</p> <p style="text-align: center;"><u>HOW TO "ALERT" YOUR KIDS AT HOME</u></p> <p>FOR THE HANDS Play with water in the sink Tactile play (finger paint, feathers, sand box, play dough) Fidget toys</p> <p>FOR THE BODY Rough and tumble play Action songs ("Row, row your boat", etc.) Go for a walk, run, bike ride outside Playing at the play ground - swing set, climb, push, pull Bouncing and jumping (on the bed, couch, trampoline) Bump on bottom down the stairs Tug of war</p> <p>FOR THE MOUTH Cold drink (ice water, juice, popsicle, yogurt pop) Crunchy snack (carrots, pretzels, crackers) Sour foods (lemon, lime, grapefruit, cranberry juice, sour candies) Peppermint, spicy flavors</p> <p>FOR EYES AND EARS Bright lights Light up toys Cause and effect toys (musical toys) Toys with moving parts Play music with fast/irregular beat</p>	<p>ACTIVITY Chewing. Blowing Heavy muscle work (mouth, hands, body) Rocking, swinging (tends to be both calming and organizing) Deep pressure</p> <p>ENVIRONMENT Neat and tidy Based on child's preferences</p> <p style="text-align: center;"><u>HOW TO "ORGANIZE" YOUR KIDS AT HOME</u></p> <p>FOR THE HANDS Play dough Stress balls/fidget toys</p> <p>FOR THE BODY Heavy muscle work (any push/pull/carry activity) such as carrying a laundry basket, putting away groceries, carrying recycling, moving furniture, shoveling, raking, sweeping, taking out garbage Rough and tumble play Animal walks (crab walk, bear walk) Bouncing on therapy ball (seated/kneeling) Rolling over therapy ball Hand hugs, massages, shoulder presses, big hugs Deep pressure on hands/feet Weighted materials (vest, blanket, lap pad) Body sox or ghost bag</p> <p>FOR THE MOUTH Chewy foods (gum, dried fruit, beef jerky, licorice) Blowing (bubbles, whistle, horn, kazoo) Sucking (through water bottle, straw)</p> <p>FOR EYES AND EARS Classical music Use music with strong rhythmic beat (drumming, clapping) Headphones during an activity Minimize verbal cues Organized environment (clutter free) Visual schedules</p>	<p>ACTIVITY Deep pressure Deep breathing Heavy muscle work Rocking - slowly / Slow, rhythmic movement</p> <p>ENVIRONMENT Low lights and colors Warmth Calming scents Neat and tidy</p> <p style="text-align: center;"><u>HOW TO "CALM" YOUR KIDS AT HOME</u></p> <p>FOR THE HANDS Lotion Deep pressure massage on palms/hands Stress balls</p> <p>FOR THE BODY Deep pressure: squishes between pillows, hot dog rolls, heavy blankets, sleeping bags Linear movement: roll in blanket, swing at the park, scooter board/skate board, rocking chair Tuck in tight in bedding to help calm for sleeping Rub dry with towel after shower (deep pressure) Weighted materials (vest, blanket, lap pad) Relaxation and deep breathing exercises Warm buddy (microwave)</p> <p>FOR THE MOUTH Sucking (use straw, water bottle, hard candy) Deep breathing Warm foods/drinks</p> <p>FOR THE EYES AND EARS Listen to music while working (classical/slower beat) Quiet retreat area: tent, bean bag, tunnel Low lights and colors Clutter free environment Headphones or earplugs (decrease noise level) Use natural lighting if possible</p>