SENSORY STRATEGIES & ACTIVITIES

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PROPRIOCEPTION

BODY SOCK

YOGA

THERAPY BALL

TRAMPOLINE

GUSTATORY

CRUNCHY SNACK

EXPLORE TEXTURES & TASTES

AUDITORY

LISTEN TO MUSIC

NOISE MACHINE

NOISE MINIMIZING EARPHONES

MUSICAL INSTRUMENTS

OLFACTORY

SCENTED LOTIONS OR DOUGH

ESSENTIAL OIL DIFFUSER

TACTILE

SAND

FINGERPAINT

FIDGETS

VESTIBULAR

BOUNCE ON BALL

ANIMAL WALKS

SCOOTER BOARD

SWING

VISUAL

PRACTICAL WAYS TO INCORPORATE SENSORY INPUT

SUNGLASSES
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