

Gustatory



crunchy or chewy foods
intense flavors
whistles, blowing activities
chewlery, chewy tubes
sucking from straw
avoid certain textures
use cold temperatures
vibrating toothbrush

Olfactory



scent diffuser
scent sampler
alert student to strong scents
avoid creating environment with many scents

Auditory



listen to music
wear noise cancelling headphones
whitenoise
musical instruments
warn before loud sound
allow calming in quiet area

Visual



calming sensory bubbles
lower or brighten lights
sunglasses & hat
look at picture books
reduce clutter
use contrasting background



squishy play-doh
sensory sand
vibrating pen
massaging lotion
sand or water play
textured fidget
finger paint
seat child in nontraffic path
prewashed cotton clothing



run, jump, dance, walk
spinning toy
trampoline
push-ups
climb stairs
play catch
swing
ride bike
bounce on therapy ball



mindfulness techniques
reflection/discussion on automated processes
frequent changes in position
social emotional learning



carry a book bag
roll large ball on child
push against wall
push wheeled trash can
roll up in blanket
tug of war
erase board
weighted plush toy
hug

Tactile

Vestibular

Interoceptive

Proprioceptive