

Sensory Calming Tools

Smell

Vanilla candles, lavender

Taste

Mild, sweet: hard candy, lollipop, apple juice, grapes

Oral Motor

Sucking and Chewy: gum, licorice, dried fruit, thick liquid through straw, hard candy, gummy bears, bagel



Vision

Soft colors, pictures of loved ones that are calming, watching fish in an aquarium

Hearing/ Sound

Soft, slow music, humming, repetitive sound (ocean waves)

Touch/ Deep Pressure Touch Deep Pressure: strong hugs, weighted blanket, squeezing stress ball, use of hand lotions, deep massage

Vestibular Input

Rocking in chair, swinging gently, slow dancing, walking, slow head rolls

Proprioception

Slow, rhythmic movements or heavy, sustained resistance, Yoga, pushing hands together/ against a wall, weightlifting, carrying, chair push ups



