

Sensory Alerting/ Energizing Tools

Smell

Strong scent candles (lemon)

Taste

Peppermint, lemon drop, sourballs, lemonade, pickles

Oral Motor

Crunchy & Blowing:
popcorn, pretzels, raw
veggies, whistling,
blowing bubbles,
blowing pinwheel/
wind instrument.



Vision

Complex visual images, video game, bright colors

Hearing/ Sound

Quick-paced / loud music, whistling

Touch/ Deep Pressure Touch

Light touch: strong hugs, weighted blanket,
sitting with pet on lap, hand/ foot massage,
walking barefoot

Vestibular Input

Fast dancing, jogging, swinging



Proprioception

Quick changes, lots of movement, changing
activities: trampoline jumping, jogging,
kickboxing, aerobic exercise, jumping rope,
stepper machine