

# Sensory Diet for \_\_\_\_\_

<p style="text-align: center;"><b>Tactile</b></p> <ul style="list-style-type: none"> <li>-Messy play: sand, shaving cream, slime, water, baby oil, foam, foods (rice, pudding, etc.)</li> <li>-Touching different textures</li> <li>-Body rubs and head scratches</li> <li>-Light touch or brushing on arms/face/legs</li> <li>-Nature exploration (touch bark, grass, leaves, sand, ice, etc.)</li> <li>-Vibrating stimulus</li> </ul>	<p style="text-align: center;"><b>Auditory</b></p> <p>TO CALM:</p> <ul style="list-style-type: none"> <li>-Quiet time</li> <li>-Calming music</li> <li>-Noise canceling headphones</li> <li>-Nature sounds (raindrops, ocean waves, river, or jungle sounds, etc.)</li> <li>-Exhalation through pursed lips</li> </ul> <p>TO ALERT:</p> <ul style="list-style-type: none"> <li>-Upbeat music</li> <li>-Familiar music</li> <li>-Laughing sounds</li> <li>-Playing drums</li> <li>-Loud sounds</li> </ul>	<p style="text-align: center;"><b>Visual</b></p> <p>TO CALM:</p> <ul style="list-style-type: none"> <li>-Slow changing lights</li> <li>-Dimmed room lights (may avoid fluorescent bulbs)</li> <li>-Slow paced videos</li> <li>-Fish tank watching</li> <li>-Reading books in small spaces</li> </ul> <p>TO ALERT:</p> <ul style="list-style-type: none"> <li>-Quickly changing or bright lights</li> <li>-Bright room lights</li> <li>-Fast paced cartoons or videos of interest</li> </ul>
<p style="text-align: center;"><b>Oral</b></p> <ul style="list-style-type: none"> <li>-“Chewelry”</li> <li>-Oral vibration (Z vibe)</li> <li>-Cold items (ice chips, popsicles, frozen grapes)</li> <li>-Crunchy foods (pretzels, crackers)</li> <li>-Chewing gum</li> <li>-Chewable pencil toppers</li> </ul>	<p style="text-align: center;"><b>Vestibular</b></p> <ul style="list-style-type: none"> <li>-Swinging</li> <li>-Running</li> <li>-Bikes</li> <li>-Slides</li> <li>-Ascending stairs or descending stairs</li> <li>-Going upside down</li> <li>-Sip Lines</li> <li>-Spinning</li> <li>-Rolling</li> </ul>	<p style="text-align: center;"><b>Proprioception</b></p> <ul style="list-style-type: none"> <li>-Tight hugs or squishes between couch cushions</li> <li>-Arm/leg squeezes or massages</li> <li>-joint compressions</li> <li>-running, jumping, climbing</li> <li>-Pushing/carrying/pulling heavy objects</li> <li>-Push-ups, sit ups, squats, lunges</li> <li>-Weighted blanket/backpack</li> <li>-Beach towel wrapping</li> <li>-Hopscotch, trampoline</li> <li>-Skipping around the building</li> <li>-Bear walks/crab walks</li> <li>-Tight/compressions style clothing</li> </ul>
<p style="text-align: center;"><b>Olfactory</b></p> <ul style="list-style-type: none"> <li>-Essential oils</li> <li>-Deep breaths (Breathing Bords)</li> <li>-Scented play doh/markers/silly putty</li> <li>-Scratch ‘n sniff</li> </ul>	<p style="text-align: center;"><b>Interoception</b></p> <ul style="list-style-type: none"> <li>-Deep breaths</li> <li>-Emotions Chart</li> <li>-Sensory regulation program (Reset, Zones of Regulation, etc.)</li> <li>-Yoga/Tai Chi break</li> <li>-Snack/water break to soothe unrecognized hunger/thirst</li> </ul>	<p><b>Target Categories:</b></p>