

SENSORY REGULATION TOOLS

TASTE

Big flavors: spicy & sour
Chewing gum
Sparkling water
Crunchy/Chewy foods



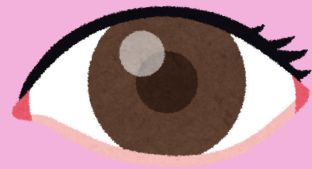
AUDITORY

Ear plugs/Noise Cancelling Headphones
Background music
Binaural Beats
White noise/pink noise/etc.



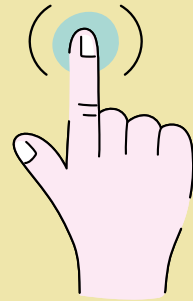
VISION

Sunglasses/Hat
Clear cluttered space
Liquid visual timers



TOUCH

Fidgets
Soft textures/blankets
Deep pressure touch
Big hugs



SMELL

Essential oils
Candles
Lotions
Potpourri



PROPRIOCEPTION

Wall push/chair push-up/push ups
Theraband/weights/resistance training
Big hugs
Weighted blanket/animal
Swimming



VESSTIBULAR

Hammock
Swing
Bike ride
Walk/run
Yoga



INTEROCEPTION

Visuals
Explicit direct questions
Big input to external body parts
(hold a cup of coffee, big smell, big movement activity)

