

Strategies for Sensory Processing

“Tools” to make your body and brain work better!

- Need to monitor behavior before, during and after sensory input to determine effectiveness of strategy.
- Ask yourself if your child is more calm, attentive, organized, and/or interactive during and after the input.
- Everyone responds differently. Problem solve with your support team.

Touch/Tactile

- Massage; rub with lotions, blankets, towels
- Mud pies and sand cakes
- Drawing with wet or dry chalk
- Painting sidewalks and fences with water
- Walking barefoot
- Puttering in the garden
- Playing in the sink or bathtub
- Manipulating small objects such as legos, dominoes and jigsaw puzzles
- Using classroom tools, such as crayons , scissors, and brushes
- Examining natural objects, such as pine cones, feathers, sticks, and rocks
- Petting animals
- Finger paints, finger paint with pudding, shaving cream
- Lying on pillows or beanbag cushions
- Curling up in “secret hide- aways”
- Finger painting with paint, shaving cream, or chocolate pudding
- Gluing art projects
- Manipulating play dough
- Washing hands with soap and drying hands with towels
- Stirring cookie dough
- Eating snacks with different textures, such as cheese, pretzels, and fruit
- Handling rhythm instruments
- Dressing up
- Hugging and roughhousing gently with friends (may be overly alerting for some children)
- Tracing letters/numbers on a person’s back

Oral Motor/Taste/Smell

- Sucking through a straw (applesauce, pudding)
- Blowing bubbles

- Blowing feathers, cotton balls, ping pong balls with a straw
- Crunchy or chewy snacks
- Plastic chewable pen toppers
- Electric Toothbrush
- Vibrating teething toys
- Gum
- Aromatherapy, scented lotions, scented markers

Movement/Vestibular

- Swinging on a swing
- Playground merry-go-round
- Running, hopping, skipping, galloping
- Jump on bed, trampoline, cushions
- Climbing structures
- Slide
- Up/down stairs
- Somersaults or rolling
- Walk on uneven surfaces, balance beams, curbs
- Crawl through tunnels, boxes
- Swimming
- Obstacle courses
- Swinging in circles on a tire swing
- Riding up and down on a seesaw
- Jumping from a step or from playground equipment
- Walking on uneven surfaces, such as grass or sand
- Animal walks or poses (yoga)

Proprioception

- Roll up in pad or thick blanket
- Climb under pillows
- Roll ball over back, arms, legs
- Heavy work – carry boxes, vacuum, dig in garden
- Weighted backpack, vest, blanket
- Wheelbarrel walk
- Exercise band or tube stretches
- Pouring sand, beans, water, or juice from one container to another
- Ripping paper

Proprioception, cont.

- Hammering golf tees into Styrofoam
- Pressing pegs into pegboards
- Getting in and out of seat belts, jackets and boots, shoes and socks
- Opening doors without help

- Having a pillow fight
- Walking with a bag of rice or bean bag balanced on head
- Push against the wall or desk or own hands
- Playing catch (or pass) with a large or heavy ball
- Kneading dough
- Hanging from playground bars
- Tug of War
- Animal walks or poses (yoga)

Visual

- Flashlight tag
- Balloon volleyball
- Dancing with scarves
- Bean bag toss
- Taking or looking at photos
- Drawing chalkboard circles, infinity (both hands)
- Taking photos with a camera
- Blowing bubbles
- Playing board games

Hearing/Auditory

- Dancing or moving or drawing to music
- Beating rhythm instruments
- Making up rhymes
- Singing, humming, chanting
- Singing vowels, scales
- String and bass instrumentals (calming)
- Wind instruments, rapid beat (alerting)
- Moving hands, feet, or whole body up and down to sound of a slide whistle
- Playing a kazoo
- Jumping rope and chanting