



Tactile



Vestibular



Proprioceptive



Auditory/ Visual



Oral/ Olfactory



Tools

- Bins or table with rice, dry beans, or corn starch
- Water table/water beads
- Fidgets

- Sensory swing
- Yoga ball
- Small trampoline

- Weighted blanket or vest
- Bodysox
- Monkeybars or rope ladder

- Music Player
- Noise cancelling headphones
- Music toys
- Light up and/or spinning toys
- Lightbox

- Chewy
- Crunchy snacks
- Scent bottles with essential oils



Alaska Autism Resource Center

Tools & Activities

FOR SUPPORTING SENSORY NEEDS

Tactile



Vestibular



Proprioceptive



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Activities

- Finger writing on a textured surface
- Using manipulatives during class (i.e. letter tiles, math counters)
- Placing Velcro strip under desk

- Jumping rope
- Dancing (GoNoodle)
- Hanging upside down
- Yoga
- Run laps in gym

- Theraband
- Chair or wall push-ups
- Bear walk/crab walk
- Arm squeezes
- Stack chairs

- Musical instruments
- Sound pattern repeat
- Sensory bottles with hidden objects
- Light table play

- Blow bubbles
- Blow painting
- Make and eat chewy trailmix
- Scent guess
- Scented Playdoh, paint, or rice





Supporting Sensory Needs

TYPES OF SENSORY INPUT



Tactile	<i>Involves the entire skin network. Tactile Input includes light touch, firm touch, and the discrimination of different textures including dry to wet and messy.</i>
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Oral	<i>Sensory system of the mouth. Sensory receptors in our mouths allow us to perceive temperature, texture, and taste.</i>
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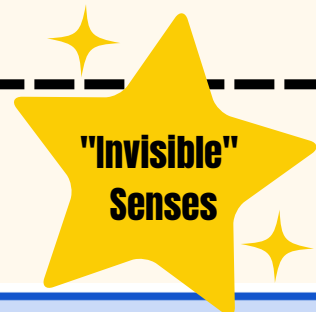
Olfactory	<i>Part of the sensory system used for smelling. Hypersensitivity to smell is a common challenge for those with sensory processing disorders.</i>
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Auditory	<i>System that is responsible for hearing. Noises can be sought or avoided.</i>
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Visual	<i>Part of the nervous system which allows organisms to see and process the visual environment. Possible to be under or over responsive to visual input.</i>
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Proprioceptive	<i>Includes the use of heavy work activities and the ability to stimulate the joint receptors (i.e. pushing, pulling, lifting).</i>
Vestibular	<i>Any sense of movement that will stimulate the vestibular receptors (i.e. spinning, swinging, jumping, and hanging upside down).</i>

