

Sensory Diet Activities

ACTIVITIES THAT INCREASE ATTENTION/ AROUSAL

- Jumping
 - On bed
 - On couch
- Swinging
 - Outdoor swings
 - Indoor swings
- Chewing
 - Crunchy foods
 - Gum
 - Salty/spicy food
- Vibration (for a short period of time)
 - Handheld massager
 - Vibrating cushion
- Active Games
 - Running



ACTIVITIES THAT ARE CALMING

- Sensory Bin
 - Rice
 - Beans
 - Sand
- Soft Music
 - Noise cancelling headphones
- Massage
 - Playdough
 - Theraputty
 - Stress ball
- Squeezing
 - Hugs
 - Weighted blanket
- Vibration (for a longer period of time)
 - Handheld massagers

