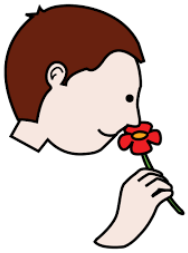
Bank of sensory ideas

Auditory

Difficulty regulating auditory input is different to having a difficulty 'hearing'. These children can be over responsive to certain sound e.g. easily distracted by background noise or responds negatively to specific sounds. Or under responsive e.g. child will make noises to keep focused on task or child appears to not have heard what has been said.

Ear defenders 	**Sshh…Calm voices** 
Play calm music 	**Sing familiar song** 
Low arousal environment eg limit chat 	**Child hums or sings to self regulate** 



Bank of sensory ideas

Olfactory

Smell is processed through the olfactory sensors in the nose. A child who is under responsive may have a strong preference for certain smells or under react to strong smells. A child who is over responsive will be overwhelmed by smells which others do not find unpleasant, refuse to eat lunch in the dining hall or be unable to go into the bathrooms (Ref MCA website)

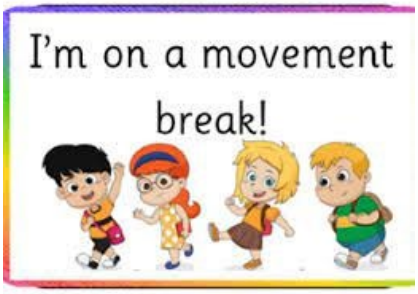
Aromatherapy oils (used on skin with permission from parent) 	**Scented playdough** 
Sensory story 	**Oils in diffuser** 
Scented moisturiser/lotion for hand/foot massage 	**Keep rooms well ventilated** 

Bank of sensory Ideas

Proprioception

The proprioceptive system is located in the muscles and joints, it provides a sense of body awareness and detects force & pressure. The proprioceptive system has a vital regulatory role. Proprioceptive input can be very calming for those who are easily overwhelmed by sensory stimulation and can be alerting for those who need increased sensory stimulation to facilitate attention and learning. ***It is our secret weapon!*** (Ref – MCA website)

Carrying heavy bag of books 	**Weighted blanket/lap belt** 
Peanut roll (see separate ideas from OT) 	**Theraband (see separate OT/MCA advice)** Social Media - Middletown Centre For Autism (middletownautism.com) 
Bearhug (issued by OT) 	**Hug!** 

Chewellery 	**Sausage roll** 
Vibrating snake 	**Joint compressions (follow OT advice)** 
Tearing paper 	**Stomping on bubble wrap** 
Weighted trolley 	**Movement break** 

Bank of sensory ideas

Tactile

Tactile receptors in our skin pick up the sensation of touch. Someone who is under-responsive may not notice when someone touches them, may play too roughly and harm others unintentionally or may use too much pressure when writing. The child who is over responsive may avoid messy play, struggle with certain clothing or react aggressively to unexpected touch or light touch.

<table>
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Cold water in spray bottle

Crackle ‘n’ ice (avon)

Foot spray</td>
<td>Messy play – sand, shaving foam, wet spaghetti, jelly
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<tr>
<td>Squeezing playdough/pinching putty
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<td>Squeezing stress ball
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<tr>
<td>Brushing arms/legs – Wilbarger (follow OT advice)
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<td>Sensory brushing
Shoulder-hands, hips-feet
  </td>
</tr>
<tr>
<td>Spiky ball under feet
  </td>
<td>Hand & foot massage (with/without lotion)
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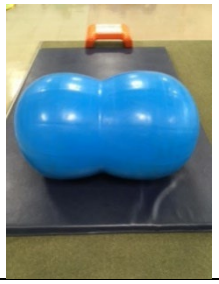
</tr>
</table>

Squeezing bubble wrap 	**Fidget toys** 
Brushing arms & legs (see OT for advice) 	

Bank of sensory ideas

Vestibular (Movement)

The vestibular system is our movement system. The receptors are located in the inner ear and detect the speed and direction of movement and the pull of gravity. A child who is under responsive may constantly move in their seat/wander around the room/appear hyperactive or impulsive in order to keep their brain alert or loose attention easily. A child who is over responsive may avoid movement activities e.g. PE/outdoor play or experience an extreme response hours after a movement activity e.g. swing/roundabout (Ref – MCA website)

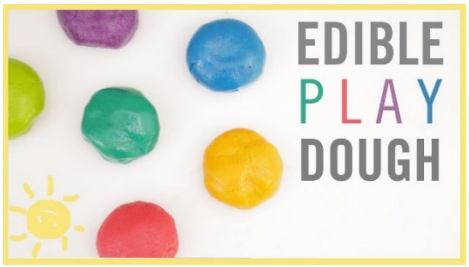
Jumping on the trampoline **observe closely so as to not overstimulate** 	**Bouncing on peanut roll/rolling over peanut roll - linear** 
Balance board 	**Sit'n'move cushion** 
Movement breaks 	**Jumping** **observe closely so as to not overstimulate** 
Platform swing (as part of OT sensory circuit) **observe closely so as to not overstimulate**	**Swing** 

	
Scooter board  	**Go for a walk** 

Bank of sensory ideas

Gustatory/Oral

Taste is processed through our gustatory sensors in the tongue, they are closely linked to the olfactory system. A child who is under-responsive will seek strong flavours and will often be more alert after eating it, they may also eat non-food items. A child who is over –responsive will eat a limited range of food & refuse to try new food (Ref-MCA website)

Chew toy 	**Blow bubbles** 
Edible playdough 	**Crunchy food** 
Sweet/Sour/spicy food 	**Electric toothbrush** 

Sucking milkshake/thick drink through straw	Chewellery
	

Bank of sensory ideas

Visual

Difficulty regulating visual input is different to having a difficulty 'seeing'. These children can have a sensitivity to light or moving images or seek out increased amounts of visual input.

Darkened classroom/Dimmed lights 	**Mini lava toy** 
Rain maker 	**Light up spinner** 
Fidget spinner 	**Fidget bubble popper** 
Glitter bubble tube 	**Bubbles** 

Dark den to reduce visual distraction 	**Use of visual calming card** 
Use of clear visuals 	**Reduce clutter as much as possible**