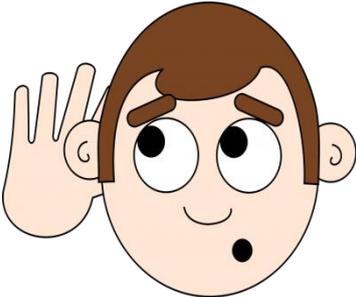


Sensory Preferences / Summary Checklist

We all have sensory preferences. Some of us are more sensitive and less sensitive to input from our bodies and surroundings. Our sensory preferences impact on what we notice, get bothered by, avoid, tolerate and love. Our sensory preferences shape how we feel (worried, delighted, angry, bothered, frustrated, distressed, alerted, distracted, agitated, bouncy, joyful etc) and how we respond in different circumstances.

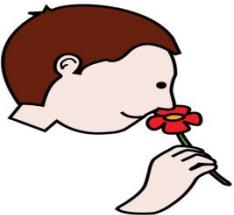
By using sensory-based strategies, we can help our bodies be at a 'just right' arousal level so that we can participate in the activities that we need to.

<p style="text-align: center;">Auditory (hearing)</p> 	<ul style="list-style-type: none"> Listen to favorite music Explore the stereo volume control knob Discover calming vs. alerting music (classical, rock, heavy metal) Play musical instruments Listen to sounds of nature outdoors Singing Humming Whispering Blow whistles White noise machine or CD Observe silence Identify and label sounds Use earplugs or ear muffs "Safe space" with quiet and low light
<p style="text-align: center;">Visual (sight)</p> 	<ul style="list-style-type: none"> Look at mobiles, lava lamps, bubble lamps Colored lightbulbs/glasses Avoid fluorescent bulbs "Safe space" with minimal visuals Respect color/pattern preference in clothing, objects, and room decorating Look at photos Look at picture books Look at nature - fish tanks, farm, zoo, ocean Watch cartoons and movies High-quality sunglasses outdoors Tinted lenses indoors if sensitive to glare Open window curtains Access to natural light Watch a fish tank

Sensory Preferences / Summary Checklist

	<p>Wide brim hat or visor outdoors Games and activities that develop visual skills eg. Mazes, dot-to-dots, I Spy, drawing, flashlight etc Keep room free of clutter</p>
<p style="text-align: center;">Tactile (touch)</p> 	<p>Firm holding Back scratcher Massage with/without lotion Joint compressions Bean bag tapping Warm bath Twist hair/brush hair Move smooth stone/coins in pocket Scrub with washcloth/loofah Wear certain fabrics Explore various textures Sit in the sunshine/shade Use hand fidgets (stress ball, jewellery) Play with putty Arts & crafts Use foamy soap/shaving cream Pet a dog, cat, or other animal Mix cookie dough, cake batter Repetitive activity such as folding, sharpening pencils Tearing up paper/cardboard Weighted blanket, vest, lap pad "Sandwich" between pillows Help with gardening Vibrating items - balls, pillow</p>
<p style="text-align: center;">Movement</p> 	<p>Rock in rocking/glider chair Walk/Run/Jump/March/Hop Dance Structure in physical activity between tasks (Jumping jacks, floor push ups, wall push ups Sit ups, hand weights, squats) Opportunity to gain lots of heavy muscle work movement against resistance - e.g. Monkey bars, carrying heavy objects, carrying or pushing objects, chewing Engaging in activities that push together or pull apart the joints such as tug of war or pushing</p>

Sensory Preferences / Summary Checklist

<p>Vestibular (balance)</p>  <p>Proprioception (body awareness)</p> 	<p>against a wall Encourage to squeeze, pull or push resistance materials (rubber squish balls, clay, play-doh, blue tak Pressing palms of hand firmly together Pressing palms down onto the desk Wearing a back pack or 'bum bag' with heavy objects inside to provide deep pressures. Vigorous swinging or jumping activity for short bursts Climb stairs Jump on mini-trampoline Inflatable sit n move cushion Bounce on a therapy ball Ride a bicycle/scooter/skateboard Amusement park rides Swimming Push a trolley or stroller Roll down a hill Play catch Balloon tennis Play hopscotch Cartwheels and somersaults</p>
<p>Olfactory (smell)</p> 	<p>Essential oils and scented candles Explore personal preference and discover invigorating (typically lemon and peppermint) vs. calming (typically vanilla, rose, and sweet orange) Smell flowers Sniff spices and herbs Blindfold smelling game</p>
<p>Gustatory (taste)</p> 	<p>Explore tastes: sweet, salty, sour, spicy, bitter Eat frozen/cool/warm foods Explore textures: crunchy, creamy, chewy, lumpy Chew gum/suck on lollipop Blow bubbles Drinking through a straw, the thinner the straw the more resistance, the thicker the drink the more resistance. Having a pop top water bottle to drink from.</p>