

## Examples of sensory strategies to trial

Theraband pulling	Blowing activities	Deep breaths and calm counting
Chewy toy	Classroom jobs (e.g. wipe table, carry box of dirty dishes to kitchen, brush floor)	Slow paced songs/soft tone
Vibrating toys (close to face)	lavender smelly bag	Row row your boat game (pulling)
Lights out	Bean bag	One leg balance
Deep pressure to shoulders	Climb on playground equipment	Crawl over pillows
Deep pressure to arms	Wall push ups	Chair push ups
Deep pressure to hands and fingers	Downward pulling motion on arms/legs	Firm foot massage
Push hands with adult	Theraputty (or playdoh)	Being squashed with a gym ball