

# SENSORY

Strategies

# FOR HOME

## MOVEMENT

Yoga/ stretch  
Rock in a Chair  
Jump on a Trampoline  
Animal Walks

## SIGHT

Color  
Sit in the dark  
Wear Sunglasses  
Watch a visual timer or lava lamp

## TOUCH

pop bubble wrap  
Warm shower or bath  
stress ball or fidget toy  
Hug a loved one

## LISTENING

Meditation exercise  
Listen to rain or ocean sounds  
Calming Music

## TASTE/ORAL MOTOR

Chew Gum  
Blow Bubbles  
Drink milkshake through a straw