

Sensory Modulation

Take control over your senses and use them to your benefit!

Sensation can either calm or alert the system, examples are listed below!

Calming/Organizing (Familiar or low demands)

Wrapping in a heavy quilt
Rocking or steadily swinging
Slow rhythmic motions
Neutral warmth
Hot shower/bath
Focusing on calming scenes
Soft/low lighting
Soft/slow music
Calming sounds of nature (ocean)
Soothing scents (oils/lotions/candles)
Deep pressure touch
Strong hugs
Beanbag tapping
Massage
Humming/sing quietly
Yoga
Leisure walks
Soft materials/textures

Alerting/Grounding (Novelty or high demands)

Holding ice
Sour or fireball candies
Rapid and/or jerky movements
Cold water/washcloth to face
A cool room
Unexpected visual stimuli
Changing patterns of light/bright
Quick paced/offbeat music
Alerting sounds of nature (birds)
Strong scents (oils/lotions/candles)
Light touch
Yawning
Loud forceful handclap
Positive forms of pain -
ex: (rubber band wrist snapping)
Aerobic exercise
Power walks
Rough or prickly materials/textures

Which might work for you?

Calming:

Alerting:
