

At Home Sensory Strategies

Name: _____

Time/Frequency: _____

Vestibular/Histamine/Organization (swinging, spinning, inversion)

Hang upside down off of couch – 1-5 minutes
Inverted wall walk – work up to 1 minute
Spin in office chair – # of rotations
Spin in office chair inverted - # of rotations
Spin on Astronaut board - # of rotations
Swing on any outdoor swing apparatus
Swing and spin in lycra swing
Swing and spin on tire swing

Log rolls
Somersaults/Front rolls
Cartwheels

Proprioception/Serotonin/Calming (joint pressure)

Trampoline - # of minutes
Trampoline with weights or weighted ball
Wrist weights with balloon
Wheelbarrow walk
Hopping up stairs holding weighted ball
Jump rope
Catch with weighted ball
Throw bean bags at trampoline
Wheelbarrow walk pushing weighted ball
Punching bag
Hop, skip, march, jump, gallop with weighted ball

Deep Pressure/Dopamine/Connectedness (deep pressure throughout the skin)

Family sandwich
Squish between 2 couch cushions
Wrap tightly in towel, blanket, rug
Firm, long hugs
Deep firm massage
Weighted blanket, lap pad
Pressure clothes