

Calming and Alerting Sensory Input chart

| Inputs | Rhythmical and Repetitive Calming | Arrhythmical and Unpredictable Alerting |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Vestibular (movement that is processed in inner ear)</p> <ul style="list-style-type: none"> • Back and forth • Up and down • Spinning | <ul style="list-style-type: none"> • moving gently back and forth in a swing • rolling slowly over a ball • rocking in a rocking chair • rocking side to side or back and forth • slow movement | <ul style="list-style-type: none"> • movement that is fast, irregular, or unpredictable bouncing up and down or upside down spinning for a short time • Vibration, e.g., vibrator, vibrating toys or pillow |
| <p>Proprioceptive (joint and muscle work) “Heavy work”</p> | <ul style="list-style-type: none"> • direct joint compressions • pushing, pulling heavy objects • carrying heavy objects • yard work, moving furniture • climbing, crawling • jumping games • jumping into pillows | <ul style="list-style-type: none"> • Some children may react to proprioceptive input in a way that is overstimulating |
| <p>Auditory (ears, sound)</p> | <ul style="list-style-type: none"> • low noise level • soft music • classical music • quiet voice • quiet style of interaction • soft singing, sing-song speech • low amount of verbal input | <ul style="list-style-type: none"> • loud noise • loud music • fast beat • high amount of verbal input |
| <p>Tactile (touch)</p> | <ul style="list-style-type: none"> • neutral warmth, e.g., warm bath, wrap in blanket, “womb-like space”, sleeping bag • deep pressure, e.g., massage, firm touch, sustained touch, heavy pillows, lots of blankets or heavy, thick blankets | <ul style="list-style-type: none"> • light touch or stroking • unpredictable touch • brief, light touch • cold temperatures • touch from behind |

Calming and Alerting Sensory Input Chart (Continued)

| Inputs | Rhythmical and Repetitive Calming | Arrhythmical and Unpredictable Alerting |
|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Light/Vision (eyes) | <ul style="list-style-type: none"> • low lighting • flashlights in the dark • minimal visual stimulation • close visual attention of focus | <ul style="list-style-type: none"> • bright lights • flashing lights • peripheral vision • bright colors • high amount of visual stimulation • high degree of animation |
| Oral Motor (mouth) | <ul style="list-style-type: none"> • sucking thickened liquids through a straw • sucking on pacifier, candy • licking, eating smooth textures, e.g., ice cream, yogurt • blowing, e.g., blow toys, bubbles • biting, e.g., food, rubber toys, tubing • crunchy foods, e.g., pretzels, carrots, crackers, popcorn, apples | <ul style="list-style-type: none"> • crunchy food (both calming and alerting) • cold foods (ice cream) • chewy foods (gum, Starbursts, dried fruit) |
| Smell (olfactory) | <ul style="list-style-type: none"> • lavender, rose or rosemary oil or sachet • scents of familiar objects, food, people | <ul style="list-style-type: none"> • strong smells, e.g., lemon, citrus • smelling salts |
| Taste | <ul style="list-style-type: none"> • bland taste | <ul style="list-style-type: none"> • sour taste, e.g., pickles • combinations of strong flavors • sour/salty, sour/sweet • spicy foods • strong flavors |