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	<p>Rocking Chair</p> <ul style="list-style-type: none"> • Repetitive movement can help calm the child. • Proprioceptive and vestibular gains for the child due to movement.
	<p>Weighted Vest</p> <ul style="list-style-type: none"> • Vest calms and provides steady proprioceptive input, as the combined pressure and weight functions as a reassuring deep hug. • Deep pressure can be intensified or removed as the tightness can be altered via Hood and Loop closures at the trunk and shoulder.
	<p>Velcro Straps</p> <ul style="list-style-type: none"> • Can be used as a fidget; placed on a child's school desk so they can touch, or may be provided as something to manipulate with their hands.
	<p>Carpet Tiles</p> <ul style="list-style-type: none"> • Offers tactile stimulation for children. • Various uses; children can sit on tiles, or place their feet on the tiles for tactile / sensory stimulation.
	<p>Hard Candy</p> <ul style="list-style-type: none"> • Sour flavors are very alerting. • Sweet flavors are calming. • Textures that promote sucking or chewing can really aid in lots of proprioceptive work.
	<p>Bubbles</p> <ul style="list-style-type: none"> • Offers oral stimulation for children. • Can be a great way to teach self-regulation.
	<p>T-Stool</p> <ul style="list-style-type: none"> • Ideal for working on balance reactions, motor planning and coordination. • Perfect for core strengthening. • Provides calming benefits.
	<p>Koosh Ball</p> <ul style="list-style-type: none"> • Stress relieving. • Lightweight. • Tactile – easy to manipulate. • Easy to toss and catch.


	<p>Swing</p> <ul style="list-style-type: none"> • Great for sensory warm up or cool down. • Rhythmic motion with swinging develops the sense of balance and body perception. • It also brings a feeling of well-being and relaxation. • Through the act of swinging, gross motor skills, including balance and coordination are improved.
	<p>Trampoline</p> <ul style="list-style-type: none"> • Helps promote active play in children and improve motor skills, confidence, coordination, and sensory processing.
	<p>Tent</p> <ul style="list-style-type: none"> • Safe haven for children who are overwhelmed by sensory stimuli. • Creates a sensory controlled environment.
	<p>Sensory Bin</p> <ul style="list-style-type: none"> • Encourages children to use one or more of the senses. • Focuses on stimulating senses of sight, sound, smell, touch, taste, balance, and movement.
	<p>Music</p> <ul style="list-style-type: none"> • Music that replicates the resting and relaxed human heart rate of one beat per second (60 beats per minute) is the most calming and healing. • If your child chooses music with profanity, then a compromise could be to listen to the instrumental version.
	<p>Sit N Spin</p> <ul style="list-style-type: none"> • Vestibular stimulation. • Can aid a sensory seeker who wants to move.
	<p>Elastic leg straps on chair</p> <ul style="list-style-type: none"> • Provides resistance proprioceptive benefits. • Allows for on the spot self-regulation.
	<p>Headphones</p> <ul style="list-style-type: none"> • Ideal for blocking or reducing troublesome noise. • Allows slight pressure on the ears.







	<p>Squeeze Frogs</p> <ul style="list-style-type: none"> • May be used as a fidget, beneficial for the tactile system. • Encourages and sustains whole-hand manipulation.
	<p>Bubble Gum</p> <ul style="list-style-type: none"> • To help promote calm and stress-relief. • Chewing can form an important part of a child's self-regulation of anxiety and arousal/attention levels. • Chewing is activated by the largest cranial nerve (trigeminal nerve). This nerve has projections that are connected to the parasympathetic nervous system. It causes the heart rate to slow, lowers blood pressure and promotes digestion. • Chewing in a rhythmic, repetitive and uniform movement with moderate pressure is linked to activating the reticular formation.
	<p>Weighted Blanket</p> <ul style="list-style-type: none"> • One of the most effective tools for helping those difficult to calm down, high energy sensory kids. • Children with excessively high energy levels find these blankets or weighted lap pads soothing for bedtime or throughout the day. • A simple solution to what often appears to be complex - attention, calming, or sleeping difficulties.
	<p>Play-Doh</p> <ul style="list-style-type: none"> • Hand strength – the muscles in the hand are constantly working and the Playdoh acts as a resistive force. • Tactile Sensitivities– For children with tactile sensitivities, they are often fearful of or hesitant to touch a variety of textures. Playdoh is a great transition item to use to bridge the gap between common firm/hard surfaces which are often “comfortable” and the textures which a child is sensitive to, such a soft, sticky and/or mushy to name a few.
	<p>Tricycle</p> <ul style="list-style-type: none"> • Proprioception, vestibular, tactile stimulation. • Use requires heavy body effort.
	<p>Foot Massage-</p> <ul style="list-style-type: none"> • Provides deep sensory input and alleviates stress and anxiety. • Easily hidden under a desk. • Proprioceptive input – light or deep pressure.










	<p>Stress Ball</p> <ul style="list-style-type: none"> • Relieves stress and tension. • Deep sensory – proprioceptive input. • Calming fidget.
	<p>Tangle</p> <ul style="list-style-type: none"> • Many children focus better and absorb things more quickly if they have something to do with their hands. Tangles are a wonderful toy for children to play with on trips in the car, on a plane or anytime. It's a perfect way to relax and stimulate your brain as it helps increase finger dexterity.
	<p>Taste Test</p> <ul style="list-style-type: none"> • Foods that are sour, spicy, or crunchy can be alerting. • Foods that are sweet or creamy can be calming.
	<p>Hand Bells</p> <ul style="list-style-type: none"> • Provides auditory stimulation. • Can be a great way to teach self-regulation. Use with music as a way of teaching too fast, too slow, and just right.
	<p>Body Swing</p> <ul style="list-style-type: none"> • Slow and rhythmic movement to calm. • Fast and erratic movement to arouse. • Stop movement once-in-a-while to allow re-centering. • Child should feel alert, relaxed and energized. • Being suspended creates a heightened relationship to gravity, which stimulates the vestibular system responsible for balance and coordination. • Be sure child is suspended from a properly installed ceiling bolt.
	<p>Sound Match Wooden Shakers</p> <ul style="list-style-type: none"> • Allows for auditory stimulation • Can be a great way to teach self-regulation. Use with music as a way of teaching too fast, too slow, and just right.
	<p>Digiflex</p> <ul style="list-style-type: none"> • Heavy proprioceptive work. • Helps children work on fine motor skills.
	<p>Rainbow River Stones</p> <ul style="list-style-type: none"> • Stimulation of the foot sole, which could lead to tactile development to the body. • Improves emotional stability and concentration ability. • Can enhance stimulation of the vestibular balance and promote movement coordination.










	<p>Foot Fidget</p> <ul style="list-style-type: none"> • Provides tactile stimulation and proprioceptive input. • Children who seek lots of tactile and proprioceptive input can push down on this fidget, while completing schoolwork or listening to a lecture.
	<p>Pop Toobs</p> <ul style="list-style-type: none"> • This is a fidget that makes a popping sound as they are flexed back and forth. • Children can pop, stretch, bend and connect them for hours. • Could be used while calming down in a tent, while waiting to transition, or etc.
	<p>Discovery Blocks</p> <ul style="list-style-type: none"> • Visual stimulation. • Variety of sounds and movement within each block.
	<p>Body Sock</p> <ul style="list-style-type: none"> • Pushes back against the child's movement. Both visual and kinesthetic feedback on the child's movements. • Helps with coordination and spatial positioning. • Lots of proprioceptive and tactile feedback.
	<p>Trampoline Stand</p> <ul style="list-style-type: none"> • Proprioceptive, tactile, and vestibular uses. • Great way to teach self-regulation-See Sensory World DVD-ICD.
	<p>Sensory Blocks</p> <ul style="list-style-type: none"> • Visual stimulation.
	<p>Kinekt Gear Ring</p> <ul style="list-style-type: none"> • Fidget children may use to manipulate with their hands.
	<p>Color Sand Timers</p> <ul style="list-style-type: none"> • Visual stimulation for children to use. • Can be used as a calming timer.
	<p>Light Table</p> <ul style="list-style-type: none"> • Aside from the vast array of educational and entertaining activities that can be done on a light table, light tables are an excellent source of visual sensory input. Children are naturally drawn to the glow of the table and are often calmed by the visual stimulation as they explore.









	<p>Eureka Ball</p> <ul style="list-style-type: none"> • Encourages problem solving and creative thinking.
	<p>Soft Play Triple Mirror</p> <ul style="list-style-type: none"> • Promotes personal, social, and emotional development. • Promotes communication and language development. • Promotes physical development.
	<p>Pencil Fidgets</p> <ul style="list-style-type: none"> • Children stay alert and keep on task. • Pencils can make noise, but there are various attachments to change out. • Fidget children may use to manipulate with their hands.
	<p>Sensory Room</p> <ul style="list-style-type: none"> • Stimulates the senses - Encouraging individuals to explore and engage with their senses can heighten their ability to interact with the world around them. • Improves balance, movement, and spatial orientation - Sensory rooms can help develop users' visual processing abilities as well as their fine and gross motor skills, facilitating day-to-day living. • Promotes emotional wellbeing- As well as helping individuals cope with physical and developmental impairments, sensory rooms can also increase relaxation and motivation, promoting greater levels of happiness and wellbeing.
	<p>Smartphone Apps</p> <ul style="list-style-type: none"> • Easy access for children. • Self-regulation utilizing applications. • Offers the opportunity to practice skills and techniques in various environments.
	<p>Halilit Jingle Bells</p> <ul style="list-style-type: none"> • Auditory stimulation for children. • Can be a great way to teach self-regulation. Use with music as a way of teaching too fast, too slow, and just right.










	<p>Edible Jello Finger Paints</p> <ul style="list-style-type: none"> • Tactile stimulation for children. • Olfactory variety and stimulation.
	<p>Shape Sorter</p> <ul style="list-style-type: none"> • Great activity that encourages hand-eye coordination and visual perception skills.
	<p>Tactile Ball</p> <ul style="list-style-type: none"> • Therapy or Exercise Balls can be used in almost every developmental position for an endless variety of activities including flexion, extension, equilibrium reactions and postural adjustments. • Gross motor movement promotes body coordination. • Vestibular movement helps develop balance. • Beneficial for core strengthening. • Promotes lymph circulation. • Provides a fun work out while hopping on the ball.
	<p>Kaleidogears</p> <ul style="list-style-type: none"> • This educational toy stimulates reasoning, creativity, and mobility skills. • Open-ended, colorful, creative play.
	<p>Color Blocks</p> <ul style="list-style-type: none"> • Visual stimulation
	<p>Flutes</p> <ul style="list-style-type: none"> • Whistles encourage deep breathing which can be very calming. • Whistles can be useful therapeutic tool with kids with oral sensitivities. • Can be used in feeding and oral therapies to help strengthen mouth muscles and tongue control. • Slide Whistles help develop gross and fine motor skills. • This whistle has an added visually stimulating movement.
	<p>Glitter Wands</p> <ul style="list-style-type: none"> • Visual stimulation • Fidget








	<p>Chewelry</p> <ul style="list-style-type: none"> • Helps prevent children from chewing on clothes, while letting them work through their chewing tendencies. • Promotes oral-motor stimulation activities. • Stretchy material may also help with motor stimulation and fidgeting. • Make sure your chewable jewelry is FDA compliant, BPA, latex, and metal free. • Great for children who continue to mouth objects, bite nails, chew on shirt collars, and etc.
	<p>Mirror Chimes</p> <ul style="list-style-type: none"> • Mirror strips and chime bells extend from this wooden stand, providing visual and auditory stimulation. • Could act as a way to help organize or calm a child. For some children, this could be alerting.
	<p>Sensory Mats</p> <ul style="list-style-type: none"> • Tactile input • Various textures for a child to lay down on, sit on, or step on.
	<p>Cosmic Wands</p> <ul style="list-style-type: none"> • Visual stimulant. • Teaches actions/reaction. • Boost concentration. • Can be used as a <i>Magic Feather</i> for confidence speaking in groups.
	<p>Cause and Effect App - Some examples of apps include:</p> <ul style="list-style-type: none"> • Fun Bubble App- requires lots of hand-eye coordination to pop the bubbles and can help develop fine motor skills and more refined touch. • Cat-Fishing- the speed of the fish swimming increase as you tap or catch one. • Heat Pad- Can register how long or hard your hand touches the screen. • These activities can be a great calming or organizing tool for a child who is in sensory overload or needs help working on individual skills (touch, hand-eye coordination, etc.).
	<p>Scented Dough</p> <ul style="list-style-type: none"> • Olfactory input goes straight to the most primitive, emotional part of the brain. • Some of the smells can either wake or soothe children.






	<p>Twirly Whirly</p> <ul style="list-style-type: none"> • Makes soothing sounds of rain falling. • Colorful beads will cascade through the center disks and make noise while doing so. • Calming auditory input, and calming visual input for most children.
	<p>Music Table</p> <ul style="list-style-type: none"> • Great for a sensory seeker. • Lots of auditory and visual input. • Great way to teach self-regulation as well.
	<p>DNA Ball</p> <ul style="list-style-type: none"> • Fidget for children to manipulate with their hands also helps with focus and attention. • Visual and tactile benefits for children. • Proprioceptive input as well.
	<p>Gurio Percussion</p> <ul style="list-style-type: none"> • Produces a nice variety of sounds when it is hit or scraped. • Some of the items sold have list of songs you can learn.
	<p>Boinks</p> <ul style="list-style-type: none"> • Proprioceptive input. Great for increasing finger strength and can be used as a warm-up tool for writing. • Fidget beneficial to manipulate and relieve stress.
	<p>Tablet Games</p> <ul style="list-style-type: none"> • Many games require a lot of hand and eye coordination. • Some games encourage manipulation of objects or things and react to hand pressure. • Great for learning how to self-regulate.
	<p>Essential Oils</p> <ul style="list-style-type: none"> • Olfactory input goes straight to the most primitive, emotional part of the brain. • Some of the smells can either wake the child or soothe.
	<p>Tactile Hands</p> <ul style="list-style-type: none"> • Tactile input. • Various textures to play with.
	<p>Gear Toys</p> <ul style="list-style-type: none"> • Great for cause and effect. • Fidget allows for tactile awareness.

	<p>Balance Board</p> <ul style="list-style-type: none"> • Teaches self-regulation, but also helps with vestibular awareness. • Children will have to be very attuned to where their body is in order to balance.
	<p>Tambourines</p> <ul style="list-style-type: none"> • Great way to teach self-regulation.
	<p>Touch Match</p> <ul style="list-style-type: none"> • Various textures could aid in calming, organizing, or alerting the child.
	<p>Spaghetti Balls</p> <ul style="list-style-type: none"> • Fidget that can be used for proprioceptive input and tactile input.
	<p>Soft Play Ball Pit</p> <ul style="list-style-type: none"> • Tactile stimulation. • Some children become over-stimulated easily in ball pits, so it may be a good idea to provide some type of deep pressure (firm back rub, wall pushes, or use a weighted item) after playing in this pit, so that the child doesn't become over-stimulated or have sensory overload.
	<p>Spinning Tops</p> <ul style="list-style-type: none"> • Another visual item, which can help with fine motor skills as well. • Fidget allows children to direct their energy.
	<p>Sensory Bottles</p> <ul style="list-style-type: none"> • Captures attention, visually soothing. • Calming sounds when rocked back and forth or shaken. • Can easily be made with a water bottle, glue gun, and various items like heavy glitter, food coloring, and etc. • Pinterest.com has some great examples.
	<p>Tactile Box</p> <ul style="list-style-type: none"> • Various items to help fidget with. • Various textures that could be organizing, alerting, or calming.
	<p>Clackerz</p> <ul style="list-style-type: none"> • Great fidget for tactile stimulation and proprioceptive input as well.

	<p>Rubber Spiky Gloves</p> <ul style="list-style-type: none"> • Similar to a tactile brush (OT approval/training) • Can be used as a fidget. Lots of tactile stimulation, and proprioceptive input (squeezing).
	<p>Soft Play Room</p> <ul style="list-style-type: none"> • Sensory room that has lots of vestibular, tactile, and proprioceptive input. • Great to use an Engine Plate-Alert Program, to help the child define where they are with their energy level. Helps promote self-awareness and self-regulation.
	<p>Stacking Cups</p> <ul style="list-style-type: none"> • Problem solving and coordination involved. • Great way to fidget when in a waiting room or trying to organize the sensory system. • Also a great way to bond with the child and work together.
	<p>Tactile Play Mat</p> <ul style="list-style-type: none"> • Shapes have various textures on them to enhance the users tactile sensitivity.
	<p>Bead Curtain</p> <ul style="list-style-type: none"> • Tactile stimulation. • Great for fine motor and gross motor skills.
	<p>Wonder Wands</p> <ul style="list-style-type: none"> • Visual stimulation • Can be used for calming, alerting, or organizing.
	<p>Headband Masks</p> <ul style="list-style-type: none"> • Cuts out visual stimulation due to oversensitivity to lights or visual sensory input.
	<p>Tactile Bag</p> <ul style="list-style-type: none"> • Great way to gather as many items as possible to fidget with. • Proprioceptive benefits as well.

	<p>Scratch and Sniff Cards</p> <ul style="list-style-type: none"> • Some of the smells are help organize the child’s sensory system.
	<p>Lighted Timer</p> <ul style="list-style-type: none"> • Visual point of interest with a calming effect. • Can aid in practicing self-regulation via a <i>Time-In</i> in most cases.
	<p>Liquid Timers</p> <ul style="list-style-type: none"> • Can be used as visual point of interest with a calming effect. • Liquid timers can be helpful for individuals with perceptual problems.
	<p>Orff Bells</p> <ul style="list-style-type: none"> • Auditory development with babies. • You can use this with a younger child to teach self-regulation. Soft sounds for calming, loud sounds for dysregulation, and etc. Children can play follow the leader games and etc.
	<p>Healthy Snacks</p> <ul style="list-style-type: none"> • Some textures can either be calming or alerting to the child. • Crunchy foods provide lots of proprioceptive input. • Food in general will help with blood sugar, which should help the child calm in most cases. • Some foods can be calming like yogurts, because the children are often sucking.
	
	<p>Squish Balls</p> <ul style="list-style-type: none"> • Fidget creates movement opportunities for hands. • Proprioceptive and tactile input. • Visual stimulation as well.
	<p>Chew Pencil Toppers</p> <ul style="list-style-type: none"> • Helpful for children seeking lots of proprioceptive input via biting, chewing on clothing or nails, or grinding teeth. • Helps with concentration and lowers anxiety levels. • Great for children seeking sensory input.
	<p>Color Liquid Blocks</p> <ul style="list-style-type: none"> • Visual stimulation from colored water can be calming. • Can be used while calming down or needing to have a sensory break from being too stimulated.

	<p>Water Bottles</p> <ul style="list-style-type: none"> • Helps cut down on firing of glutamate. • Cognitive benefits.
	<p>Tactile Balls</p> <ul style="list-style-type: none"> • Proprioceptive and tactile input. • Can help with anxious, fidgety, or sensory seeking behavior.
	<p>Blow Pipe</p> <ul style="list-style-type: none"> • Children can use this for oral support to help stimulate oral senses before eating, reading, or etc. • Can help teach self-regulation, by making sure to blow just right to keep the ball from going too far.
	<p>Bilibo Chair Toy</p> <ul style="list-style-type: none"> • Vestibular stimulation • Helps with hand-eye coordination • Body awareness
	<p>Tactile Disks</p> <ul style="list-style-type: none"> • Great for postural training and working on standing/balance. • Can be used for children who seek a little movement to help them focus. Vestibular and tactile support.
	<p>Crash and Bump</p> <ul style="list-style-type: none"> • 15-20 minutes of time, but not too much because of possible sensory overload. • Adult can model and participate with the child. Teaching self-regulation and building trust at the same time. • Vestibular, proprioceptive, and tactile input. • Engine Plates can help transition to the next activity or part of the day.
	<p>Parachute Play</p> <ul style="list-style-type: none"> • Visual stimulation • Auditory/listening skills • Practicing self-regulation • Proprioception, tactile, and vestibular input from various activities with the parachute.
	<p>Rainbow Fruit</p> <ul style="list-style-type: none"> • Food every 2 hours helps cut down on firing of stress hormones, and keeps blood sugar from dropping.

	<p>Tunnel</p> <ul style="list-style-type: none"> • Helps develop body awareness when crawling through. • Some children become fearful of the tunnel, so you might have to demonstrate, have the child push something through the tunnel, or have them carry a flash light as they go through the tunnel.
	<p>Ball Chairs</p> <ul style="list-style-type: none"> • Lots of vestibular and proprioceptive input. • Hard to sit down all day, so sitting on the ball provides similar sensory stimulation while still being able to complete work. • Great for movers and shakers. Could be too stimulating for some children, but make time for child to become accustomed to the chair.
	<p>Soft Play Foamnasium</p> <ul style="list-style-type: none"> • Promotes creativity, and helps develop an eye for spatial relationships. • Safe way to work on body awareness via tumbling.
	<p>Yoga / Stretching</p> <ul style="list-style-type: none"> • Some of the children are disconnected from their bodies and sensations. • Learning certain common resting poses. Depressed or dissociative students might find comfort in the various poses, while hyper-aroused children might prefer the more up right seated poses with their back against the wall, so they can continue to monitor the environment. • Be careful not to just rely heavily on inviting the children with trauma histories to “take time and follow your own flow” or “do any postures that your body needs”, because it runs the risk of losing them to possible dissociation. More specific instructions tend to work best.
	<p>Stand Up and Move</p> <ul style="list-style-type: none"> • Really good to use the How Does Your Engine concept with moving. Brain Gym.com has a lot of stretches and movements one can do to help create more alertness or focus. • Make sure you consult any healthcare practitioner before beginning any type of movement program. Physical conditions of the children and staff are often overlooked, so make sure this is not a punishment or considered mandatory.