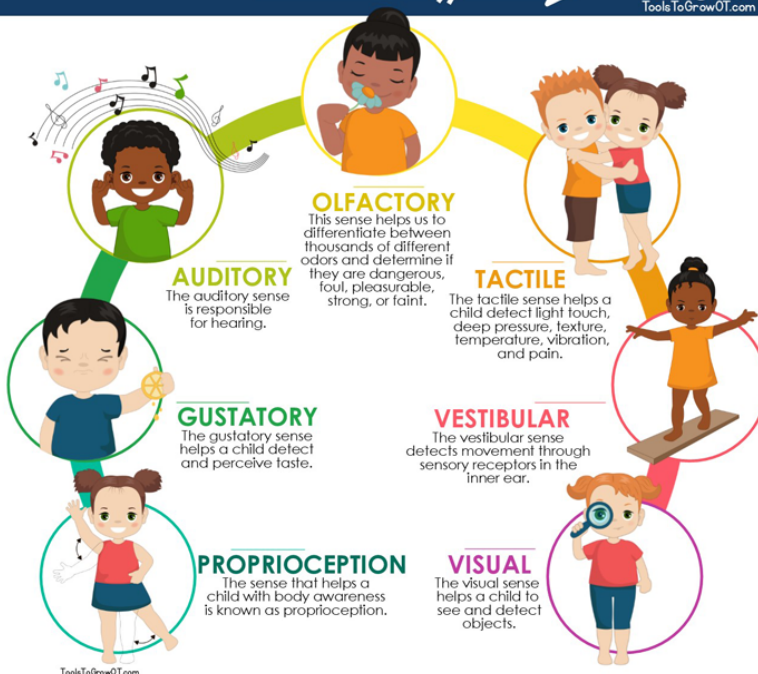


Sensory SYSTEMS



SENSORY STRATEGIES & ACTIVITIES

PROPRIOCEPTION	
BODY SOCK	YOGA
THERAPY BALL	TRAMPOLINE
GUSTATORY	
CRUNCHY SNACK	EXPLORE TEXTURES & TASTES
AUDITORY	
LISTEN TO MUSIC	NOISE MACHINE
NOISE MINIMIZING EARPHONES	MUSICAL INSTRUMENTS
OLFACTORY	
SCENTED LOTIONS OR DOUGH	ESSENTIAL OIL DIFFUSER
TACTILE	
SAND	FINGERPAINT
FIDGETS	
VESTIBULAR	
BOUNCE ON BALL	ANIMAL WALKS
SCOOTER BOARD	SWING
VISUAL	
SUNGLASSES	KALEIDOSCOPE
VISUAL TIMER	OIL TIMER

PRACTICAL WAYS TO INCORPORATE SENSORY INPUT

FOR MORE ACTIVITIES AND SENSORY DIET RESOURCES VISIT WWW.TOOLSTOGROWOT.COM