

Sensory Seeking Strategies

Proprioceptive input (heavy work)

- jumping
- rolling in a blanket like a hotdog
- push and pull
- tug of war
- weighted objects (supervised)
- jumping jacks
- trampoline
- deep pressure
- massage
- compressive clothing

Oral Motor input

- chewy crunchy objects
- foods with intense flavours e.g spicy
- sucking
- chewing gum
- bubbles
- straw activitys
- drinks

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Sensory Seeking Strategies

Tactile Touch

- massage
- messy play
- water play
- brushing protocol (therapy brushes)
- clothing
- tapping
- blankets and comfort

Vestibular (movement)

always watch for dizziness and signs of nausea, stop activity if observed

- spinning
- climbing
- somersaults
- cartwheels
- scooter board activities

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