

# Sensory and Movement Needs

## Using body-based interventions and addressing the body

- Yoga
- Mindfulness
- Repetitive activities
  - Drumming/Tapping
  - Moving to music repetitively e.g. Macarena, line dancing
  - Repetitive poetry/songs
- Movement
  - Any gross motor activity
  - Running
  - Throwing
  - Boxing
  - Dancing
- Body & sensory work
- Sensory Snacks ...

Remember, the brain's job is to keep the body alive – reassure the brain that the body is fine!

## Some Brainstem Calmers to Try

- Tapping
- Walk and talk
- Breathing
- Body scan/mapping
- Chair aerobics
- Tension stretch
- Pressure pushes/pulls
- ... and all other sensory snacks

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### Simple Sensory Snacks for Calming

- Push hands on a wall
- Push hands together alone or with another person
- Interlock fingers and pull hands apart
- Chair or wall push ups
- Overhead stretch
- Lying on a therapy ball, over and pushing hands into floor
- Heavy work
- Slow rocking or swinging
- Hold or lean up against large stuffed animal or pillow
- Sit on or hold a vibrating pillow
- Deep touch/pressure
- Deep belly breaths –hands on belly and feel it expand /contract
- Massage/lotion rubs
- Play soft music/ turn lights down
- Activities with head down
- Gentle, firm pushing on shoulders
- Hold, wear something warm
- Sit in a womb-like place (tent, box, etc.)
- Blow bubbles (Oral input is very calming and organizing)
- Drink thick liquids from a narrow straw
- Sensory bins – rice, beans, shaving cream, PlayDoh
- Sit with pillow/cushion on lap or surrounded by pillows/cushions
- Weighted objects – blanket, lap pads
- Rubber stretchies – thick rubber band around fingers, open/close fingers
- 10-20 deep knee bends
- Desk pushes – standing/sitting
- Tool Kit/Calm Box – small container filled with squeeze ball, Koosh ball, paper clips, pipe cleaners, gum, coffee stirrers, PlayDoh, square of theraband, different textures of fabric, balloons filled with bird seed, rice, corn starch, corn kernels, etc.