Sensory Supports at Home

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Components

Sensory Based Activities (Sensory Diet)

Environmental Accommodations
Environmental Accommodations

• Over-responsive Child
  • Decrease sensory inputs in the environment by using low lighting, soft rhythmical music or quiet spaces
  • have a quiet space in your home; small tent, a table covered with a blanket, or a large empty box works well as a quiet "fort"
  • carpet can decrease noise and a beanbag chair or pillows can provide comforting deep pressure
  • Create a consistent bedtime routine
Environmental Accommodations

• Under-responsive child
  • Provide alerting activities to wake up their system
  • Do very active games
  • Alerting music
  • Strong flavor food
Sensory Based Activities: Consider when providing sensory input to a child.

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<th>Calming</th>
<th>Alerting</th>
<th>Organizing</th>
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<td>Heavy work</td>
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<td>Resistive exercise</td>
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<td>Soft music</td>
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Resources

- https://www.gonoodle.com/
- S’Cool Moves: https://www.dropbox.com/s/3dz2cctrflyele91/C12Booklet.pdf?dl=0
- https://bit.ly/2x0NAST (Mindfulness)