



Simple Sensory Desktop Strategies

Here is a list of some strategies that can make a significant difference.

Washcloth boundary for toy/fidget to fit on

Spray bottle or perfume bottle

Squishy toy/ball

Velcro strip on or under desktop

Double stick tape for fingertips to touch

Rubber band or stretchy wrist bands

Small stuffed animal or bendable animals

Glove with different sensory fabrics on the fingertips

Pencil fidgets and pencil weights

Sandpaper or laminated glitter/spangle strips on desk top

Beads on a pipe cleaner that can be slid up and down

Frozen plastic ice cubes in a zip lock bag

Heated uncooked rice tied up in a sock

Flour tied up in an unblown balloon

Weighted vest or blanket

Time Timer Watch

Revibe Classic Reminder Wristband

Budda Board or Mr. Etch-A-Sketch