



Alerting Activities

Bright Lighting

Loud, Fast Paced Music

Spinning in Space*

Walking on Uneven Surfaces

Taking Frequent Breaks from Difficult Tasks

Bouncing on A Therapy Ball

Singing

Eating Crunchy Foods

Active Recess Times

Using Crash Pad

Engaging in Sensory Rich Tasks*

Dancing

Hanging on Monkey Bars

Cool Room Temperature

Follow Recess with Sequencing Tasks

Yelling Out Words

Tug of War or Stirring A Pot of Food

Smoothing on Lotion

*** You may use an office chair or sit and spin. Sensory rich activities can include, stirring something that smells good, munching on pretzels, squeezing water from a sponge, moving chairs/tables, whistling a tune, swings and slides, reaching items, and good ole fashioned hugs.**