

# Sensory Diet

Aim to address all Sensory Systems

## Tactile/Touch

- Vibration
- Brushing
- Sensory Bins
- Fidgets
- Massage (deep pressure)
- Weighted blanket
- Messy play
- Walking barefoot

## Olfactory/Smell

- Essential oils
- Scented lotion
- Scented bubble bath

## Auditory

- Music
- White noise
- Listening Program

## Vestibular

- Balance board
- Swing
- Slide
- Trampoline
- Bouncing/Jumping

## Visual

- Lava lamps
- Dimmed lights

## Oral Motor

- Chewy tubes
- Blowing (bubbles, musical instruments)
- Drinking thick liquids through straw
- Vibrating toothbrush
- Chewy/crunchy foods
- Sports cap bottle

## Proprioception

- Weighted vest
- Weighted blanket/lap pad
- Blanket Burrito
- Ball squishes (deep pressure)
- Heavy work activities
- Pushing and pulling tasks
- Steamroller

## Gustatory/Taste

- Meal time options (ex: Bold flavors - alerting)
- Food temperature (ex: Cold - alerting)