

Energy Needed
(Match for the Activity)

My Energy
(Where I Am)

Maxed Out / Frenzied

Amped Up / Fidgety

Focused / Purposeful

Settled / Calm

Sleepy / Still

Asleep

Sensory System	Soothing	Alerting
Vestibular (movement/position in space)	<i>Movements that are:</i> <ul style="list-style-type: none"> ● Rhythmic (e.g., jumping) ● Rocking (e.g., dancing) ● Linear (e.g., walking, climbing stairs) ● Arc (e.g., swinging) 	<i>Movements that are:</i> <ul style="list-style-type: none"> ● Random (e.g., touch toes, playing tag, Simon Says) ● Quick (e.g., sprinting) ● Circular (e.g., swinging) ● Spinning (e.g., dancing)
Proprioceptive (muscle and joint input position/ pressure... <i>often considered the universal regulatory same input can increase arousal or decrease arousal)</i>	<i>Inputs that provide:</i> <ul style="list-style-type: none"> ● Passive pressure from trusted individual (e.g., bear hugs, squishes, joint compressions) ● Resistive movement (e.g. carrying items such as backpacks and books, wheelbarrow walking, crab walking, bear walking) ● Passive inputs (e.g., weighted blankets, hug vests) ● Resistive fine motor toys (e.g., play doh, putty, stress balls) ● Oral motor activities (e.g., chewy food/ candy, resistive sucking on straws blowing bubbles, sports bottle) 	<i>Inputs that involve:</i> <ul style="list-style-type: none"> ● Moving and joint compression (e.g., hippity hop, jumping, hop scotch, twister) ● Pushing and Pulling (e.g., vacuuming, shoveling, scooters, carrying objects) ● Passive pressure from trusted individual (e.g., bear hugs, squishes) ● Resistive fine motor toys (e.g., play doh, putty, stress balls) ● Oral motor activities (e.g., chewy food/candy, resistive sucking on straws blowing bubbles, sports bottle)
Tactile (touch)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Consistent pressure and firm touch (e.g., massage from trusted person or self massage, stroking preferred fabric or surface texture) ● Rhythmic tapping ● Foods that are smooth and soft (e.g., pudding, yogurt, breads) 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Light touch (e.g., tickling by self or trusted person) ● Stroking preferred fabric or surface texture ● Foods that are crisp or crunchy (e.g., pickles, crackers, chips, crisps, pretzels)
Auditory (sound)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Rhythmic, predictable sounds ● Listening to music with strong, slow and steady beat ● Individual being in control of auditory qualities of the environment 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Unexpected, loud, and random sounds ● Listening to music with quick tempo or improvisational qualities
Gustatory (taste)	<i>Food and drinks that include:</i> <ul style="list-style-type: none"> ● Mild flavors (e.g., sweet, smooth) 	<i>Food and drinks that include:</i> <ul style="list-style-type: none"> ● Strong flavors (e.g., sour, spicy, salty)
Visual (sight)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Colors and predictable patterns that are pleasing to an individual (e.g., kaleidoscope) 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Random visual information, rapid movement (e.g., balls being tossed towards person)
Olfactory (smell)	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Familiar pleasant smells to individual 	<i>Activities that involve:</i> <ul style="list-style-type: none"> ● Unfamiliar, pungent, sharp smells

*The appropriateness of these strategies for any given individual should always be considered within the context of that individual's sensory processing profile. They are not universally applicable.

