



## Sensory Strategies Idea List (General Calming Solutions)

### Mindfulness strategies and activities help calming and concentration.

Sommerfly™ strives to help people achieve this goal by providing high-quality, uniquely designed products that promote calm and focus.

Using the right products and activities provides the appropriate sensory environment to promote positive results. Our experienced occupational therapist has compiled this list of sensory strategies that will be useful when helping yourself or others attain calm and focus. These are general suggestions and not specific recommendations considering everyone is unique and can have varied responses to sensory experiences.

#### Movement and muscle/joint strategies

- carrying or pushing things
- slow/rhythmic linear swinging
- animal walks
- wall or chair push ups
- squeezing fidget objects
- suck on something resistive

#### Auditory Strategies

- soft background noise (white noise)
- soft music with 1:1 beat per second
- use a low pitch, soft voice

#### Visual Strategies

- watch a lava lamp, quiet bottle, fish tank
- calming colors (cool palate)
- uncluttered walls and work surfaces
- use a tent or fort to decrease visual stimuli

#### Touch Strategies

- pet an animal
- wear weighted lap pad or sashes
- use weighted blanket
- use a dried bean or rice bucket for play
- sit in bean bag chair or pillow corner
- slow, deep pressure massage

#### Oral Strategies

- use a straw to suck on resistive liquids; shakes, oatmeal, pudding, applesauce
- use coffee stirrers to sip liquid through
- eat foods; sweet, bland; vanilla, oatmeal, chocolate, mashed potatoes
- chew on resistive food; gum, dried fruits, bagels, soft pretzels, gummi bears