Sensory Modulation

Take control over your senses and use them to your benefit!

Sensation can either calm or alert the system, examples are listed below!

Calming/Organizing (Familiar or low demands)	**Alerting/Grounding** (Novelty or high demands)
Wrapping in a heavy quilt	Holding ice
Rocking or steadily swinging	Sour or fireball candies
Slow rhythmic motions	Rapid and/or jerky movements
Neutral warmth	Cold water/washcloth to face
Hot shower/bath	A cool room
Focusing on calming scenes	Unexpected visual stimuli
Soft/low lighting	Changing patterns of light/bright
Soft/slow music	Quick paced/offbeat music
Calming sounds of nature (ocean)	Alerting sounds of nature (birds)
Soothing scents (oils/lotions/candles)	Strong scents (oils/lotions/candles)
Deep pressure touch	Light touch
Strong hugs	Yawning
Beanbag tapping	Loud forceful handclap
Massage	Positive forms of pain -
Humming/sing quietly	ex: (rubber band wrist snapping)
Yoga	Aerobic exercise
Leisure walks	Power walks
Soft materials/textures	Rough or prickly materials/textures

Which might work for you?

Calming: **Alerting:**

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