

# Strategies To Utilize To Improve Sensory Processing: Part 3 of 3

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**Vestibular:** rolling, tumbling, rocking, handing upside down, swinging, linear, side to side, rotation (both sides), creeping on hands and knees through tunnel, rolling with child on your body, WBW, sit n spin, jumping on therapy ball , magic carpet ride, laundry basket spin, row boat, ring around the rosie, steam roller, wrestling, airplane, hippity-hop

**Proprioceptive:** Therabands, relaxation strategies, wheelbarrows, monkey bars, jumping, crashing on pillows/mattress , swaddling, snuggling, bouncing, rolling with child on your body, WBW, sandwich game, trampoline, marching, wrestling, frog hop, spandex body sox, walk on unlevel surfaces, heavy blankets, heavy work, body crash, tug of war, wall pushups, hippity- hop

**Oral:** (taste and sensation) intensity of flavors in mesh bag, vibration, taste is almost always arousing, oral motor games, sucking, blowing, and chewy gum

**Gustatory:** (smell) candles, aroma therapy, and spices

**Tactile:** swaddling, dress-up, using tools such as scissors, markers, crayons, and brushes, sandwich game, cotton balls, bubble packaging, play dough, loofa sponges, feelie box, legos, jigsaw puzzles, sand, beans, rice, popcom, cornmeal, beads, finger painting, cooking, water play, tug of war, tumbling, leap frog, pouring, handling snack time objects, massage, skin to skin contact, neutral warmth, towel rubs, lotion rubs, fidget toys, spray bottles, hierarchy of soft to rough

**Visual:** small space (tent), lights, reduced clutter

**Auditory:** rhythmic singing, music, classical, music with bass, white noise machine, water sounds, fans, humming