

# Feed the Senses Summary

## Ages 5 to 10



↓ = Calming  
 ↔ = Just Right  
 ↑ = Alerting

### Proprioceptive (Heavy Work) Activities

These activities are organizing to the brain and body and almost always improve attention and focus.



### Vestibular (Movements) Activities

Fast and random movement activities are alerting, slow and rhythmic movements are calming.



### Tactile (Touch) Activities

Light touch tends to be alerting, deep touch/pressure tends to be calming. The touch activities pictured are typically organizing to the brain and body and result in improved attention to task.



### Sound/Sight/Smell Activities

Frequent exposure to a well-balanced assortment of these activities promotes optimum sensory modulation.



### Taste and Oral Input

These activities are forms of proprioceptive input to the mouth and are almost always calming and organizing.

