

Feed the Senses Summary Teens and Adults



↓ = Calming
↔ = Just Right
↑ = Alerting

Proprioceptive (Heavy Work) Activities

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



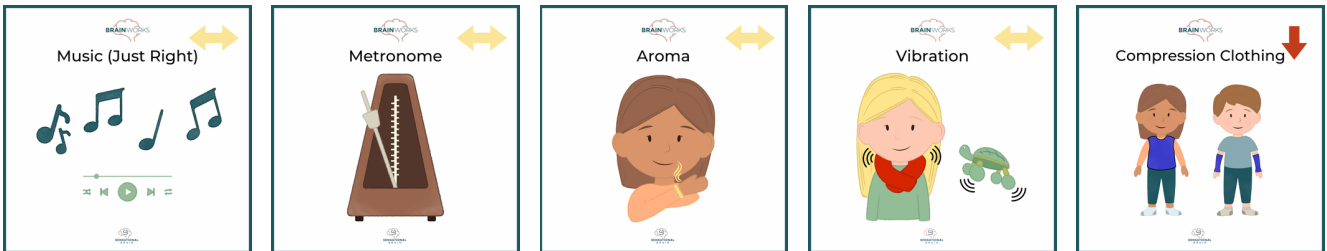
Vestibular (Movements) Activities

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



Touch/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.



Environmental Adaptations

These strategies promote concentration and inhibit over-responsivity to the sensory demands of the environment.

