

Quick Sensory Guide for Clinics

- **Not all sensory strategies/equipment will work for every child. Also if it works one day, it might not work the next.**
- **There are calming sensory strategies (rocking, swinging, playing calming music) and alerting sensory strategies (spinning, cold temperatures, bouncing).**
- **Try starting out each session with a sensory activity to help self-regulate before sitting down at the table.**
 - **Playing a physical activity game, parachute activity, or spending time in a Volcano room.**
- **Sensory strategies can be used to help with transitions, such as adding animal walks for deep pressure.**
- **Try to incorporate various equipment to engage different sensory systems throughout the facility.**
- **Add a wide range of sensory fidgets throughout the facility, preferably in every room.**
 - **Reminder: Fidgets should be used as a tool and NOT as a toy.**
- **Having sensory equipment and stimulating environments is great, but also remember having a calm down room/corner that is less stimulating is just as important.**

Clinic Recommendations

Recommendations to have in a clinic to provide to a child presenting with any sensory differences.

- **Have a wide variety of fidgets that engage the different sensory systems throughout the clinic.**
- **Having different seating or cushions can help promote attention in tabletop activities.**
- **Use visual aids such as visual timers or writing out schedules for the day.**
- **Have various types of lighting in each room (warm lighting, color changing lights, fluorescent bulbs).**
- **Having fun walls such as murals, sensory walls, chalkboard walls, or game walls can help with transitions.**
- **Having deep pressure items such as weighted lap pads, lap animals, or weighted blankets can be self-regulating.**
- **Have a calm down corner or a calming room with comfortable seating to help in case of meltdowns or overstimulation.**

Visual

- Wall/ceiling projectors
- Lighted ceiling effects
- Various types of lighting in each room
- Wall tapestries
- Books
- Magazines
- Visual timers
- Written out schedule of activities
- Wall murals
- Vibrant colors and textures
- Rock waterfalls
- Fish tanks
- Bubble walls
- Bubble water toys
- Glitter wands
- Colored scarves
- Ball pit
- Light box

Fidgets



Water Timers



Light up Pop Tubes



Magic Ball Wand

Images and Products from Amazon.com

Activities

- Activities that involve bubbles
- Creating your own artwork to hand in the clinic
- Creating sensory bottles for the clinic
- Create a ball pit with a kiddie pool and balls

Tactile

- Wikki Stic
- Puzzles
- Bean bags
- Books
- Magazines
- Arts and craft supplies
- Putty
- Seasonal nature items
- Beads
- Playdoh
- Chalkboard and chalk
- Clay
- Musical instruments
- Flowers
- Pinecones
- Vibration pens
- Tactile seat cushions
- Weighted lap pads/animals

Fidgets

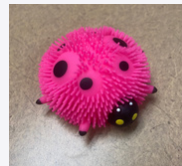
Images and Products
from Amazon.com



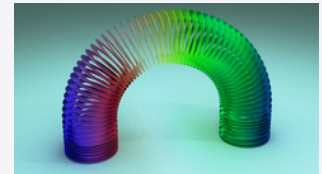
Pop it



Pin Art



Squish toys



Slinky

Activities

- Any arts and craft activities!
- Finger painting/messy play
- Ripping magazines
- Creating stress balls to keep in the clinic

Auditory, Olfactory, & Gustatory Equipment Ideas

Auditory



- Headphones
- Calming music
- Sound machines
- Rain sticks
- Drums
- Maraca's
- Bells
- Shakers
- Whistles
- Musical instruments



Olfactory

- Essential Oils
- Scented lotions
- Linen sprays
- Aroma beads
- Aromatherapy diffusers
- Calming scents:
 - Lavender, Rose, Vanilla
- Alerting scents:
 - Peppermint, Citrus, Eucalyptus

Gustatory

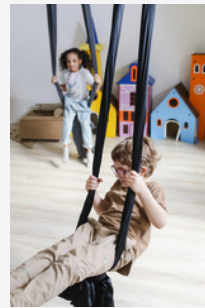
- Sour candies
- Gum
- Mints
- Crunchy and chewy snack foods



Vestibular & Deep Pressure Equipment Ideas

Vestibular

- Swings
- Slides
- Rock walls
- Spiky tactile cushions
- Wiggle seats



Deep Pressure

- Weighted lap pads
- Weighted lap animal
- Weighted blankets
- Weighted vests
- Bean bag chair
- Vibrating seat cushions



Weighted lap animal:
Image and product
from Amazon.com

Seating

Having various types of seating throughout the clinic can incorporate different sensory systems. It is recommended to have various types of seating in every room. Here are some seating and cushion options:

Chairs



Wiggle seat/Wobble stool:
(Vestibular, Proprioception)

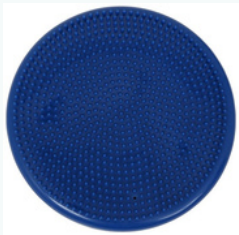


Bean Bag Chair:
(Tactile, deep pressure, interoception)



Rocking Chair:
(Vestibular, Proprioception)

Cushions



Spiky Tactile Cushion:
(Vestibular, proprioceptive, & tactile)



Vibrating Seat Cushion:
(Vestibular, tactile, interoception)

Images and Products
from Amazon.com

For More Information on Sensory Processing Check Out these Resources

- **Star Institute: Sensory Processing**
 - <https://sensoryhealth.org/>
- **SouthPaw Enterprise - Multisensory Environment**
 - <https://www.southpaw.com/>

To buy sensory items:

- Amazon
- SouthPaw Enterprise
- Dollar Tree
- Target (Dollar section)
- Walmart

