



# Improve Sensory Input

Ways to help sensory-seekers regulate



Sensory-rich activities like the movements listed will help your child's brain and body regulate, or calm. Not sure what kind of sensory input your child needs? Refer to the Short Sensory Profile to find out.

## Vestibular:

- Swinging
- Spinning
- Jumping
- Rocking
- Partner ball pass
- Walking
- Swaying
- Sliding
- Yoga

## Proprioceptive:

- Pretzel hug
- Bear hug
- Chair push-ups
- Donkey kicks
- Weighted items
- Burpees
- Pull-ups
- Yoga
- Crawling
- Heavy lifting