



KARYN PURVIS INSTITUTE
of
CHILD DEVELOPMENT
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EASY SENSORY SOLUTIONS

VESTIBULAR: LOCATION OF THE HEAD IN SPACE

ALERTING



Merry-Go-Round



Spinning on
a chair



Sit and Spin

CALMING



Rocking



Swaying to music



Pushing child
in stroller

PROPRIOCEPTIVE: SENSORY STIMULATION OF JOINTS/ MUSCLES

ALERTING



Crawling through
a tunnel



Trampoline
jumps



Rolling

CALMING



Weighted items



Pushing or
pulling a heavy
object or toy



Tight hugs

TACTILE: TOUCH

ALERTING



Cold drink of water



Bare feet



Tickling

CALMING



Warm bath



Play dough



Buckets with
beans and rice