References


-Propriaceptive
  -Pushing against walls, especially rough ones; Being wrapped tightly with blankets, Shawls wrapped tightly around the shoulders, Self hand massage with scented lotion, Clapping, tapping, or finger-tickles

-Vestibular:
  -Rocking chair, Gravity boots, Pogo stick, Jumping up and down a hundred times, Swimming in a swing, Filling a grocery cart with items from the low shelves, go back and empty the cart

-Gustatory:
  -Intense candy flavors, such as Red Hots, Atomic Fireballs, Sour Patch Kids, Altoid flavors, and Lemonheads, Chewing gum flavors, Jawbreakers, Popsicles, Toothpicks dipped in cinnamon extract, Tootsie Roll Pops

-Olfactory:
  -Extracts on Q-tips, Spices, especially vanilla and cinnamon, Lavender potpourri, Scented hand lotions, Air freshener sprays, Dryer sheets, Smells that are pleasing to individuals, such as the smell of wet dogs or Crayola crayons

-Visual:
  -Lava lamp, Fish tank (real or DVD), Mobiles, Blowing bubbles, Nature scenes,-preferable with water and flowers, A variety of books, including self-help book

-Touch:
  -Action figures, especially GI Joe’s or Transformers, Emery boards, Silly putty, Finger paint, Peeling dried glue off your hands, Cotton or yarn balls, Chinese stress balls, Fingernail brush

-Auditory:
  -Bird or nature sound recordings, CDs, especially Bach, Sound machines, Free-standing babbling brooks, Wind chimes, Singing or humming, Bells