



Month 1: Sensory Processing Types of Sensory Experiences

Inhibitory: activities that decrease the child's arousal level (or level of alertness), such as

- deep pressure
- neutral warmth
- slow, rhythmic movement
- movement in a single plane (i.e. side to side OR back and forth)
- slow vibration
- soft music
- scents such as lavender, jasmine, vanilla, coconut, sandalwood, or chamomile
- neutral colours and minimal contrast

Excitatory: activities that increase the child's arousal level (or level of alertness), such as

- light, intermittent touch
- fast or arrhythmic movement
- movement in multi-planes (i.e. rotation)
- loud, arrhythmic music
- unpredictable light and sounds
- scents such as citrus, cinnamon, peppermint, or rose
- bright, contrasting colour

Organizing: activities that help bring the child's arousal level to one that is "just right" (ready to complete a task), such as

- heavy lifting, carrying, pushing, and/or pulling
- weight bearing activities
- climbing
- chewing and blowing