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| **Oral** | | |
| Alerting | Calming | Organizing |
| * Crunchy * Sour * Spicy * Bitter * salty * Vibration * Light touch * Cold * Very hot | * Smooth/creamy * soft * Sweet * Warm * Dairy * Bland * Music while eating (facilitates digestion) | * Chewy * Deep pressure * Sucking * Blowing * Deep pressure above upper lip |
| Tactile | | |
| Alerting | Calming | Organizing |
| * light touch * unpredictable/ inconsistent touch * vibration * cold * spiky or hard * shaving cream | * warm * deep pressure * predictable/ consistent touch * soft * shaving cream | * Brushing (deep pressure protocol) * Fidgets * Thera-putty (pat, pull, push, poke, squish) * Deep pressure * Sand * Beans * Rice * popcorn |
| Auditory | | |
| Alerting | Calming | Organizing |
| * loud * unpredictable * Baroque * High pitched * Music with vocals | * Predictable * Low pitch * Nature sounds | * 50-65 beats per minute * White noise * Earplugs on one side only? * Music with vocals |
| Olfactory | | |
| Alerting | Calming | Organizing |
| * Perfume * Food odors * Body odors * Lemon * Rosemary * peppermint | * Lavender * Vanilla * Chamomile * Ginger * Sandalwood |  |
| Visual | | |
| Alerting | Calming | Organizing |
| * Busy walls, worksheets, decorations, etc. * Loud (primary) colors * Flourescent lighting * High contrast (black on white) * Bright lighting * novelty | * Low contrast * Decreased visual input * Low light * Lighting covered with blue filters * Pastel/soft colors * consistency | * Highlight target area * Block out extraneous stimuli * Items for visual tracking |
| Proprioceptive | | |
| Alerting | Calming | Organizing |
|  |  | * Pushing * Pulling * Jumping * Thera-putty * Predictable movement * Stretches * Wall or chair push-ups * Animal walks |
| Vestibular | | |
| Alerting | Calming | Organizing |
| * Unpredictable/ unexpected movement * Rotation (spinning) * Fast movement | * Linear movement (back and forth/ forward and back * Predictable/ expected movement * Slow movement | * Linear vertical movement (up and down) * Movement combined with proprioception |