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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
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