



Using your 5 senses



Hearing

Provide several options/choices for songs they can play with headphones.

- Sound Machine
- The Elements (rain, wind, animals)
- Instrumental Music

Touch

Provide tactile items with different textures. (Toys, fabrics, velcro, etc.)

- Fidget Items
- Rough & smooth surfaces
- stuffed animals

Smell

Select items that have a scent, maybe markers that are sented to use with coloring book.

- Fabric Flowers with essential oils
- Markers

See

Select Different Pictures that can be placed in an album of laughter, scenery, fun/interesting places.

- Coloring Books
- Printed Images/Postcards
- Calming Video

Taste

Possibly provide small options or suggest parents provide appropriate snacks student may have to calm them to keep on hand.

