

ALERTING SENSORY INPUT FOR KIDS

For kids who have a hard time staying alert and engaged, kids who prefer sedentary play, or kids who need a lot of extra input to keep them motivated and interested, we need a special set of sensory strategies. The following ideas can provide effective alerting sensory input for kids!

Alerting Movement Activities

- 1 || Jumping: Try a trampoline, jumping in place, or jumping jacks.
- 2 || Bouncing: Try sitting on a therapy ball and bouncing while singing!
- 3 || Dancing
- 4 || Freeze Dancing
- 5 || Stop/Go Games
- 6 || Obstacle Course

Alerting Sound Activities

- 1 || Movement and dancing paired with fast-paced music
- 2 || Fast-paced listening/direction-following games
- 3 || Using your own body to make sound: Try snapping, stomping, clapping, or humming.

Alerting Tactile Activities

- 1 || Try cooler temperatures: Open a window, use a fan, or turn up the AC.
- 2 || Light touch instead of deep pressure
- 3 || Vibration: Try vibrating stuffed animals and toys.

Alerting Oral Sensory/Olfactory Activities

- 1 || Crunchy snacks: Try apples, carrots, or pretzels
- 2 || Oil diffuser: Use alerting scents like peppermint and lemon.
- 3 || Cold drink: Iced water or even iced seltzer water are good options.
- 4 || Cold snacks: Popsicles or smoothies!
- 5 || Explore new, unfamiliar smells
- 6 || Vibration: Try a battery powered toothbrush or vibrating toys on cheeks/lips.
- 7 || Mouth noises: Try buzzing like a bee, clicking tongue, humming, blowing raspberries
- 8 || Sour snacks: Some of our favorites are Warheads, sour gummy worms, orange wedges, or lemonade.

Alerting Visual Activities

- 1 || Brighter lights: Instead of a dim workspace, try a well-lit area or a space near a window.
- 2 || Use bright or contrasting colors: Try a bright-colored mat on the table or worksheets on bright colored paper.
- 3 || Bold fonts on worksheets
- 4 || Flashlights: Have kids read independently using flashlights, or follow along with guided reading.
- 5 || Light-up toys: Increase engagement in play activities by using toys that light up.