The Regulator

Sensory System	Tools and Strategies	How it changes my energy…			How much I like it…		
		Soothing	Neutral	Alerting	Yuck	Okay	Awesome
Vestibular (movement/position in space)	*Jump up and down*						
	Touch toes / stretch						
	Spin or dance						
	Sprint or run up stairs						
	Rock						
	Go for a walk						
	Flap hands						
	Swing						
Proprioceptive (muscle and joint input; position/pressure… often considered the universal regulator - same input can increase or decrease arousal)	*Ask for tight hug from trusted person*						
	Carry heavy items						
	Stomp feet						
	Use weighted blanket or hug vest						
	Play tug-of-war						
	Take deep breaths						
	Do chair push-ups						
	Squeeze putty, play doh, stress ball						
	Squeeze hands						
	Use a chewy						
	Suck on a straw or water bottle						
Tactile (touch)	*Ask for a massage from trusted person*						
	Stroke preferred fabric/surface						
	Tap fingers on table/desk/leg						
	Use koosh ball or textured fidget						
	Use texture bins						
	Hold stuffed animals						
	Shuffle deck of cards						
	Clap hands / give high five						
	Finger paint, color, or draw						
	Rub worry stone or smooth object						

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Sensory System	Tools and Strategies	How it changes my energy…			How much I like it…		
		Soothing	Neutral	Alerting	Yuck	Okay	Awesome
Auditory (sound)	*Listen to music with steady beat*						
	Listen to quick/improvised music						
	Sing favorite song						
	Listen to nature sounds (go outside)						
	Talk quietly to self						
	Play with whistles, kazzoos or drums						
	Overear defenders / earplugs						
	Go to a quiet space						
Visual (sight)	*Play with a kaleidoscope*						
	Use fidget spinner						
	Watch bubbles, colors, lights						
	Use glitter calm-down jar						
	Look at clouds/stars/sky						
	Look away						
	Build with blocks/legos						
	Read book						
Gustatory (taste)	*Eat a sweet food*						
	Eat a salty food						
	Eat a sour food						
	Eat a spicy food						
	Chew gum						
	Drink preferred beverage						
Olfactory (smell)	*Hide nose in shirt*						
	Smell something citrus (lemon)						
	Smell grass or flowers						
	Smell minty scents						
	Smell preferred toys/objects/people						

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Vestibular (movement/position in space)	*Touch toes / stretch*						
	Flap hands						
	Rock						
Proprioceptive (muscle and joint input; position/pressure… often considered the universal regulator - same input can increase or decrease arousal)	*Ask for tight hug from trusted person*						
	Stomp feet						
	Squeeze hands						
	Take deep breaths						
Tactile (touch)	*Ask for a massage from trusted person*						
	Clap hands / give high five						

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Sensory System	Tools and Strategies	How it changes my energy…			How much I like it…		
		Soothing	Neutral	Alerting	Yuck	Okay	Awesome
Auditory (sound)	*Take a break / go to quiet space*						
	Sing favorite song						
Visual (sight)	*Build with blocks/legos*						
	Look away						
Gustatory (taste)	*Eat food*						
	Drink water						
Olfactory (smell)	*Hide nose in shirt*						
	Smell preferred toys/objects/people						

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