



Sensory Strategies

Engaging our 5 senses (touch, taste, visual, auditory, and smell) is a great way to help with emotional regulation and attention and focus.

Try this:

- **Manage your Environment:** create a calm space with bright or dim lighting, limited clutter, and quiet or peaceful music. Try going outside for some fresh air.
- **Body Movement:** yoga, swimming, dancing, biking, cleaning, lifting weights, stretching, running, swinging, rocking or anything else you enjoy.
- **Touch:** Press against the wall, hug yourself or someone else, fidget spinner, stress ball, play dough, sand, therapy putty, weighted blanket, calm strips, worry stone, pop it, ice pack, heating pad, or fidget cube. You can also fidget with things you are wearing: necklace, bracelet, key chain, or clothing.
- **Taste:** chew gum, sour candy, sweet or salty snack, crunchy or chewy snack, drink cold water out a straw
- **Smell:** candles, essential oils, diffuser
- **Sound:** Guided meditation, music you enjoy