



Mini Mitten

Pediatric Therapy

14930 Laplaignance Rd., Ste. 118, Monroe, MI, 48161 | Ph: 734.888.MINI | Fx: 734.275.0985

Sensory Calming Interventions

Disclaimer: Below is a list of suggested interventions used for sensory calming. These interventions are not appropriate for every individual and should be implemented with adult supervision. Please consult a trained specialist prior to implementation.

Proprioceptive (Body Awareness)

Taco roll-ups
Sandwiched between two pillows (or couch cushions)
Bear hugs
Shoulder presses
Ball rolls
Joint compressions (“squishes” or “squeezes”)
Weighted blanket or weighted stuffed animal
Weighted backpack
Compression vests
Army crawl
Superman
Dead bug
Wall presses (“making the room bigger”)
Pulling heavy item (eg wagon, sibling on sheet or sled)
Pushing heavy item (eg stroller, chairs, trash can)
Praying hands
Theraband pulls
Lifting heavy items (eg medicine ball)
Balance large ball on tennis racket
High-fiving while on all-fours
Crab position kicking out reciprocal (opposite) legs
Yoga
Squeeze toys

Clothespins
Wash countertop/table
Wheelbarrow walks
Animal walks (eg bear walk, crab walk)
Hanging from monkey bars

Vestibular (Movement)

Piggyback rides
Pulling patient on sheet or sled
Swinging (on swing or on sheet with two people holding each end)
Rolling
Rocking
Pushing patient on scooter or office chair with wheels
Rock and roll
Rolling
Walking on balance beam or steppingstones
Swinging
Skipping
Dancing
Jumping jacks
Jump on trampoline
High knees
Heel kicks
Handstands
Disco sit / Dyno Disc
Sit and spin
Ballerina toes
Fast Toes

Tactile (Touch)

Hand cupping
Massage
Finger taps (“crawling ants”)
Wilbarger Brushing
Have patient’s body be a “racetrack” and gently run cars over his/her body

Sensory tables (eg sand, beans, beads, rice)

Ear rolls

Playing catch with bumpy ball

Fidget toys

Oral chewlery