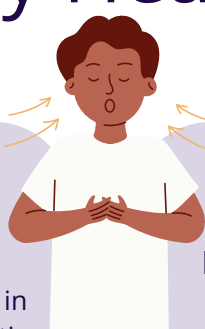


The ABCs of Sensory Health & Supporting Regulation

A

ADAPT

Changing things in your space or routine to help your body feel comfortable.



B

BREATHING

Taking slow, deep breaths can help you feel calm and in control.

C

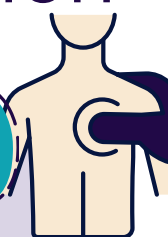
CROSS BODY MOVEMENT

Clapping games & high fives help people feel more connected to their bodies.

D

DEEP PRESSURE

Using a weighted blanket, tight hugs, or firm squeezes can help you feel grounded.



E

ENERGY LEVELS

Noticing if your body feels too fast, too slow, or just right.

F

FIDGET TOOLS

Small items like stress balls or putty can help you focus and stay calm.

G

GROUNDING

Pushing against a wall, standing firm, or squeezing your hands together.

H

HYDRATION

Drinking water helps your body and brain feel balanced.



I

INDIVIDUAL SUPPORTS

Tools like sunglasses or textures helps manage sensory input aiding regulation.



J

JUMPING

Moving up and down helps your body wake up and feel organized.



K

KINETIC MOVEMENT

Running, spinning, or dancing can help your brain and body connect.

L

LISTENING

Soft music or background noise can support focus and comfort.

M

MINDFULNESS

Paying attention to your body and how it feels in the moment.

N

NOISE REDUCTION

Lowering noise or using earplugs and headphones creates a calmer space.



O

ORAL SENSORY

Biting and chewing, especially crunchy or chewy snacks, offer a calming sensory input.

P

PROPRIOCEPTION

It's how your muscles and joints sense position. Activities like jumping or pushing can help regulate.

Q

QUIET SPACES

A calm, cozy place to retreat can help when things feel too loud or busy.



R

ROUTINE

Predictable schedules can help your body feel safe and regulated.

S

STIMMING

Moving, flapping, rocking, or tapping can help your body regulate.



T

TEXTURES

Finding clothing, blankets, or fidgets that feel good on your skin or to touch.

U

UNDERSTANDING SENSORY NEEDS

Changing things in your space or routine to help your body feel comfortable.

V

VESTIBULAR INPUT

Back and forth swinging, rocking, or rolling can help with balance and focus.

W

WEIGHTED ITEM

Lap pads, vests, or heavy blankets can provide comfort.

X

eXHALE

Blowing bubbles, breathing exercises, or humming can help with regulation.



Y

YOGA & STRETCHING

Moving your body gently and safely can help with self-regulation.

Z

ZONING IN & OUT

Noticing when you need to move or take a break to feel balanced.



By recognizing triggers and understanding your sensory needs and supports, you can make empowered choices that enhance self-regulation and overall well-being. This awareness helps everyone and creates more inclusive environments where we all feel supported and connected.



SCAN FOR MORE
SENSORY INFOGRAPHICS