

Sensory System	Calming Activities	Alerting Activities
Visual (Sight)	Dim lights, soft colors, minimal visual clutter	Bright lights, fast-moving visuals, bold colors
Auditory (Hearing)	Soft music, white noise, quiet environment	Loud music, sudden sounds, high-pitched tones
Tactile (Touch)	Soft textures, warm water, gentle pressure	Cold water, rough textures, light tickling
Proprioceptive (Body awareness)	Deep pressure (hugs, weighted blankets), yoga	Jumping, pushing/pulling heavy objects
Vestibular (Balance & movement)	Slow rocking, swinging gently, lying down	Spinning, jumping, running, fast swinging
Olfactory (Smell)	Lavender, vanilla, familiar comforting scents	Citrus, peppermint, strong or unusual smells
Gustatory (Taste)	Warm, mild, or familiar foods	Sour, spicy, or cold foods
Interoception (Internal body awareness)	Deep breathing, rest, mindfulness	Physical activity, hydration, energizing breathwork