

## **Sensory Room Suggestions:**

### **Deep Pressure**

Body Sock (Brand Sportime)- stretchy spandex pressure sock  
Theraputty  
Ankle and wrist weights  
Weighted blanket  
Weighted lap pad—they use them in yoga  
Weighted vest  
Theraband

### **Tactile**

Large and small bean mixture  
Rice  
Lotion  
Moldable moon sand  
Stretchy toys  
The original Cool Band – cools body  
Glue to peel off your fingers  
Bean bag chair- the kind that wraps around you for a cocooning feel  
Rubber band ball  
Floor mats

### **Calming the other Senses**

Gum  
Candy- sweet (tends to be calming whereas peppermint tends is alerting)  
Tea  
Aromatherapy/diffuser (lavender)

### **Vestibular**

Rocking chair or gliding chair  
Hammock Swing (probably not possible?)  
Office chair that spins  
Bosu balance trainer  
Wobble cushion

### **Auditory**

Headphones  
Ear plugs (can buy in a bulk 80 pack)  
White noise machine  
Small water feature  
Speakers

### **Visual**

Bubble Lamp (also has a slight humming sound)  
Light box  
Breathing ball

### **Other**

Hand sanitizer with a sign stating use this prior to entering the room  
Lap tray for tabletop tasks when seated in bean bag chair or on the ground  
Sign that shows chair pushups, wall pushups, and some basic stretches  
A laminated Sign that has links for different types of meditations on YouTube i.e. grounding guided meditations (5min/10min/15min)  
Reading materials, self-help books, book with beautiful pictures of nature  
Playing cards  
Mandala books for coloring with colored pencils  
Soft lighting  
Paper for journaling  
Art supplies  
Fish tank for waiting room (nice hum sound/visually calming while waiting for appointments)