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)