

Sensory Regulation Strategies



MOVEMENT

- Stretch or do yoga
- Go for a walk
- Carry something heavy
- Rock in a chair
- Jump on a trampoline
- Doodle or scribble



TOUCH AND TEMPERATURE

- Lie under a weighted blanket
- Hold ice or put ice on your face
- Take a warm shower or bath
- Squeeze a stress ball or fidget toy
- Twirl your hair
- Rub a soft blanket
- Wear tight leggings
- Drink cold water
- Get a hug
- Pet a cat
- Mindfully rub lotion into your hands
- Hold a rock
- Pop bubble wrap
- Put peppermint oil on your skin



LISTENING

- Enjoy the silence
- Hum
- Wear ear plugs
- Use noise cancelling headphones
- Listen to a cat purring
- Talk to someone with a calm voice
- Do a meditation or relaxation exercise
- Listen to the rain or ocean sounds
- Listen to calm or classical music
- Go outside, notice the sounds



SIGHT

- Observe the clouds or the sunset
- Watch a visual timer or lava lamp
- Look at the stars
- Watch the rain or snow falling
- Color
- Sit in the dark
- Wear sunglasses
- Watch fish swimming in a tank



SMELL

- Burn a scented candle
- Smell a flower
- Smell your pet
- Enjoy the smell of your shampoo
- Burn incense or essential oils
- Use a scented lotion or cream
- Drink herbal tea
- Lavender essential oil for calming
- Peppermint essential oil for energy



TASTE

- Chew gum or sour candy
- Blow bubbles
- Bite into a lemon or lime
- Drink warm tea
- Suck a milkshake through a straw

Sensory Goals For Self Regulation

Yan Bai



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Table of Contents Sensory Goals For Self Regulation

1. Understanding the eBook Sensory Goals For Self Regulation
 - The Rise of Digital Reading Sensory Goals For Self Regulation
 - Advantages of eBooks Over Traditional Books
2. Identifying Sensory Goals For Self Regulation
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sensory Goals For Self Regulation
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sensory Goals For Self Regulation
 - Personalized Recommendations
 - Sensory Goals For Self Regulation User Reviews and Ratings
 - Sensory Goals For Self Regulation and Bestseller Lists

5. Accessing Sensory Goals For Self Regulation Free and Paid eBooks
 - Sensory Goals For Self Regulation Public Domain eBooks
 - Sensory Goals For Self Regulation eBook Subscription Services
 - Sensory Goals For Self Regulation Budget-Friendly Options
6. Navigating Sensory Goals For Self Regulation eBook Formats
 - ePub, PDF, MOBI, and More
 - Sensory Goals For Self Regulation Compatibility with Devices
 - Sensory Goals For Self Regulation Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sensory Goals For Self Regulation
 - Highlighting and Note-Taking Sensory Goals For Self Regulation
 - Interactive Elements Sensory Goals For Self Regulation
8. Staying Engaged with Sensory Goals For Self Regulation
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sensory Goals For Self Regulation
9. Balancing eBooks and Physical Books Sensory Goals For Self Regulation
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sensory Goals For Self Regulation
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sensory Goals For Self Regulation
 - Setting Reading Goals Sensory Goals For Self Regulation
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sensory Goals For Self Regulation
 - Fact-Checking eBook Content of Sensory Goals For Self Regulation
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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