

RANGE OF SENSATIONS

Sensory System	Calming Input	↔	Alerting Input
Tactile	Pressure Touch Smooth, Hard Objects	↔	Light Touch Scratchy, Sticky, Slimy Objects
Vestibular	Slow, Rhythmical, Linear	↔	Fast, Unpredictable, Rotary
Proprioceptive	ALMOST ALWAYS ORGANIZING!!! Heavy Work: Carrying, Pulling, Pushing, Lifting, Climbing, Chewing, Sucking		
Auditory	Rhythmical, Repetitive, Low Frequency Sounds	↔	Unpredictable, Discordant, High Frequency Sounds
Visual	Dim/Natural Lights, Pastel Colors, Slow Moving Objects	↔	Bright/ Fluorescent Lights Bright Colors, Fast Moving Objects
Olfactory	Lemon, Cinnamon, Peppermint, Lavender	↔	Citrus, Mint Hot Pepper
Taste	Bland	↔	Spicy, Strong Flavors, Sour

Teri Kozlowski, OTR 2017

* Please note these are general guidelines, for more detailed suggestions directed toward your child contact a trained professional