

MOVEMENT SEEKING SENSORY MENU

Think of it as a “menu for the nervous system.” It gives kids quick options for calming, energizing, or organizing their bodies — with zero pressure and lots of choice.



Trampoline Jumps



Swinging



Animal Walks



Wall Push-Ups



Scooter Board Races



Balance Activities



Running with Cones and Bean Bags



Playground Climbing



DEEP PRESSURE SEEKING SENSORY MENU

Think of it as a “menu for the nervous system.” It gives kids quick options for calming, energizing, or organizing their bodies — with zero pressure and lots of choice.



Helping carry
groceries or
laundry



Chair push-ups



Pushing
shopping cart



Pulling wagon
or carrying a
weighted
backpack



Lying under
weighted
blanket or
lap pad



Weighted vest or
sensory sock



Planks /
bridges /
yoga



Moving
books/toys
from room to
room



ORAL SEEKING SENSORY MENU

Think of it as a “menu for the nervous system.” It gives kids quick options for calming, energizing, or organizing their bodies — with zero pressure and lots of choice.



Crunchy Snacks



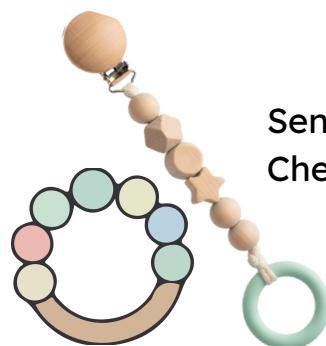
Drink through a Straw



Chewy Snacks



Bubble Blowing



Sensory Chewies

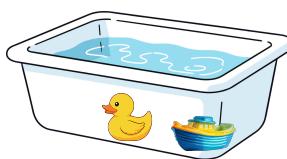


TACTILE SEEKING SENSORY MENU

Think of it as a “menu for the nervous system.” It gives kids quick options for calming, energizing, or organizing their bodies — with zero pressure and lots of choice.



Slime / Putty



Water Bin



Sand



Shaving Foam



Sensory Bins



Textured Mats



Finger
Painting



Fidgets



VISUAL / AUDITORY SEEKING SENSORY MENU

Think of it as a “menu for the nervous system.” It gives kids quick options for calming, energizing, or organizing their bodies — with zero pressure and lots of choice.



Flashlight
Games



Musical Toys



Sensory
Bottles



Music



Light Up
Toys



Bubbles

