

# 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



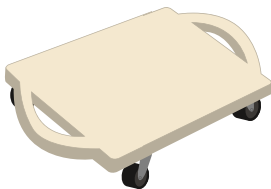
Swinging



Animal Walks



Wall Push-Ups



Scooter  
Board Races



Balance  
Activities



Running with  
Cones and.  
Bean Bags



Playground  
Climbing



# DEEP PRESSURE SEEKING SENSORY MENU

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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

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Crunchy Snacks



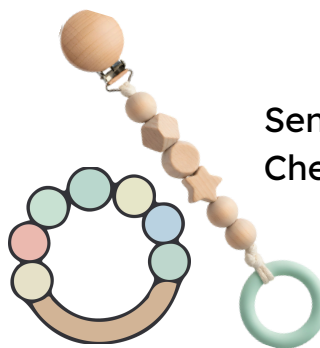
Drink through a Straw



Chewy Snacks



Bubble Blowing



Sensory Chewies

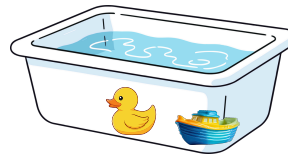


# TACTILE SEEKING SENSORY MENU

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Slime / Putty



Water Bin



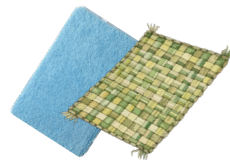
Sand



Shaving Foam



Sensory Bins



Textured Mats



Finger  
Painting



Fidgets





# VISUAL / AUDITORY SEEKING SENSORY MENU

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Flashlight  
Games



Musical Toys



Sensory  
Bottles



Music



Light Up  
Toys



Bubbles

