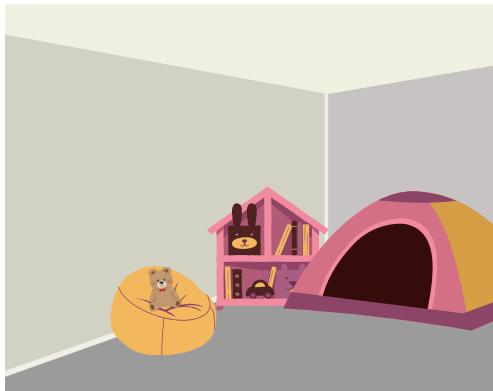


# Sensory Sensitive Strategies

Some children experience sensory input more intensely and may benefit from calming supports – every child responds differently.



## 1. Calming Corner Time

A designated quiet space where your child can take breaks when things feel overwhelming. This area may include soft lighting, pillows, or comfort items and is available anytime your child needs it.



## 3. Predictable Movement Breaks

Short, planned movement opportunities built into the day to help support regulation. Keeping these breaks consistent can help reduce sensory overload before it builds.



## 2. Heavy Work Helper

Everyday activities that involve pushing, pulling, or carrying objects. These tasks can provide grounding input while allowing children to participate in daily routines.



## 4. Visual Simplification

Reducing visual clutter in a space to help limit overstimulation. Fewer items out at once and simpler setups can support focus and calm.