

# Level 1: Sensory Modulation Disorder

## Under-Responsivity

### **Bystander (Registration)**

Under-responsive with **Low Activity**

Needs Input, content, bored, leans, uninterested, close to floor, needs (Alerting INPUT)

Passive

## Over-Responsivity

### **Sensor**

Over-responsive with Low Activity

Hides, covers eyes & ears, don't touch me, don't look at me, stressed & trying to decrease activity level....think about when you have a headache. High on cortisol & adrenaline....needs dopamine.

DUNN Profile-"low threshold" (Calming Input)

## Under-Responsivity

### **Seeker**

Under-responsive with High Activity

Tazmamnian Devil. How you try to move when you are tired....seek stimulation to bring yourself up. (Goal-Directed Intense Alerting)

Active

## Over-Responsivity

### **Avoider**

Over-responsive with High Activity

Hits, bites, spits, runs away, injury to self or others. (Survival behavior, reflexes) (Calming Input)

Under-Responsive / High Threshold

Over-Responsive / Low Threshold

## ALERTING

Ball Pit – A small plastic pool full of balls

Bear walk (SCC)

Bilibo – (S/C- spin while in it)

Blowing Bubbles

Blowing Instruments – Harmonicas, recorders, whistles

Blowing Cotton Balls or Pom Poms – Use different size straws and blow in a race or toward a target

Bubble Wrap –Use index finger and thumb to pop. Stomp to increase input.

Chair Rides- (Otolith- Use rolling chair- linear movements) or (SCC- spinning)

Chase games–Requires motor planning (MP)

Coffee Grinder – Push up on a straight arm and “walk” around in a circle. Then change and directions.

Cold Bags– A Ziplock bag filled with ice or cold pack placed on arm or the back of the neck.

Dance Moves– Upbeat music.

Face Tapping – Use fingertips to gently tap cheeks and temples in a circular manner.

Fan –high speed

Galloping

Hanging- from monkey bars

Headstand/Handstand –vestibular and proprioceptive. (SCC- Inversion)

Hop on One Foot

Hoppy Ball

Hopscotch

Inversion - SCC-Laying on your back over a therapy ball.

Jumping Rope

Light Touch/ tickle

Long Jumps

Jumping jacks/ Toe-touches (Reciprocal)

Log Rolls - SCC

Marching

Mini Trampoline - jumping

One Foot Balancing

Peanut Rock – Wrap arms and legs around ball- rock back and forth.

Rocker Board- fast-paced and unpredictable- Otoliths

Roll in a barrel (SCC)

Scooterboard –Lie on belly to propel self - Otoliths

Scooter Ramp – Encourage child to be on tummy, keeping hands and feet up for- Otoliths

Skipping

Sliding –Sliding provides vestibular input. Otoliths

Sock Skating – Otoliths

Spin and freeze (SCC)

Spinning – SCC

Stairs –

Stretch and Tug Toys –can play tug-of-war

Superman pose

Swinging – Fast or multidirectional movements

Target to Target Jump– Make targets using contact paper. Write numbers or letters on them using Sharpie and child jumps on them in a specified order.

Vibration –Can activate the vestibular system when near the head or mouth

Visual Toys – lights or spinning

Walking backwards

Walking on a balance beam

Wheelbarrow Walking –Hold knees to provide more support and ankles for less.

## **Oral Alerting**

Sour Snack –lemon or grapefruit wedges or frozen lemon juice ice cubes.

Frozen Foods – Frozen peas, banana slices, and grapes, yogurt pops.

Gum / Peppermints- Organizing (sour or cinnamon)

Sour Patch

## **CALMING**

Aroma therapy- lavender

Beanbag Chair

Belly Breathing –Deep – belly in and out.

Bear Hugs

Dots and Squeezes – Make “dots” in palm- press firmly with the thumb. Squeeze wrists, move up the arms.

Ear Massage

Exercise Ball – slow and linear

Lap or Shoulder Weights

Lava Lamp

Music – Slow

Noise Blocking Headphones

Pressure Machine

Rocker Board- Slow, gentle rocking

Shoulder Squeeze - Gentle downward pressure through the shoulders.

Swinging – slow and linear

Tent – A play tent or a blanket over a small table or card table- can add pillows

Tortilla Time –Use mat or blanket – roll up snugly.

Turtle – Beanbag chair or large pillow as “shell.”

Velcro – A strip of soft-loop Velcro attached to the underside of the desk to rub

Swinging on Tummy – slow and linear

Water Bottle with straw

Weighted Vest –OT supervised. Up to 10% of the child’s weight- wear 20 and 40 minutes at a time

Wrist or Ankle Weights – OT supervised.

Weighted Blanket

## **ORGANIZING**

Animal Walks – Crab walk, bear walk, frog jumps, etc.

Army Crawl – Use forearms to pull self forward

Belly on Ball

Bridging- push down with feet and shoulders

Bubble blowing

Blowing Games – Use straws- pom poms or cotton balls.

Chair Push-Ups

Chew Toys

Crawling- under the bridge (obstacle course)

Heavy work/ chores – laundry, emptying the trash, raking, vacuuming, erasing chalkboard

Hot dog

Large Motor Writing –While standing, write large letters/numbers/shapes.

Theraband on chair/desk– Tie theraband to the legs of a desk or chair.

Drinking with narrow straw – thick liquids.

Figure 8 Walk –Focus on “target” while walking in large figure 8 pattern. Switch targets and walk the other way.

Finger Tugs – hook fingers together and tug

Spider Push-Ups – with fingers

Floor Chair –provides postural support for floor sitting

Gum / Peppermints- Organizing (preferred flavor)  
Pass the Ball- Stand back to back and pass the ball, switching directions, and between legs (SCC)  
Tumbling  
Rocking on Hands and Knees  
Grocery Cart- push with books in it.  
Pushing Palms Together  
Joint Compression  
Climbing  
Lotion rub with deep pressure  
Stretch the Room  
Oral Vibration  
Music – Classical music  
Obstacle Course –with crawling and rolling. Requires motor planning (MP)  
Paint roller  
Pressure Garments  
Prone and reach back and grab ankles  
Push Toys –Fill with heavy stuff  
Push Ups – Floor, wall push-ups or knees on floor.  
Rocking Toys – Rocking horses, etc.  
Rolling – Log-rolls, forward rolls, and backward rolls.  
Roll ball over body  
Row Boat – Sit with feet touching, hands together - “row” back and forth  
Scented Markers or Pencils –Preferred  
Self -Hugs –  
Sensory Table –dry beans, rice, cornmeal and a variety of other household items.  
Statue game- don’t let me move you- move me  
Squeeze Box –Fill a child-sized box with pillows/blankets  
Squat and hold  
Exercise Ball  
Stress Ball –fidget balls  
Stretching Toys - Body socks and other stretchy toys  
Swinging on Tummy – on platform swing, linear and rhythmical  
Tall Kneeling – Hold position  
Therapy Putty  
T-Stool -CORE  
Tummy Time  
Vibration  
Wheelbarrow Walking –Hold knees to provide more support and ankles for less.  
Weight Ball Bowling- proprioceptive input.  
Yoga poses

## **ORAL- ORGANIZING**

Bagels (stale)  
Beef jerky  
Carrots  
Taffy  
Tootsie rolls

## **SWINGS/EQUIPMENT**

Body sock  
Bolster Swing  
Crash mat  
Crash pit  
Dizzy Disc  
Disc Swing  
Hoppity hop  
Mats  
Net Swing  
Platform swing  
Steam roller  
Therapy ball  
Tunnels

## **SKILLS**

Putting together puzzles  
Tossing beanbags at a target  
Spelling  
Counting  
Puzzles  
Playing catch

## **MOTOR PLANNING**

Animal Walks  
Crawling (through obstacle course)  
Chalkboard writing  
Looking in mirror putting stickers on body parts  
Obstacle course  
Run, stop and jump  
Zoom Ball

## **SEQUENCING**

Drawing infinity sign  
Following Directions- multiple steps  
Place hands on stickers- colors, numbers  
Pick up items with toes in order  
Jumping to a sequence