

SISS Autism team School Visit Sheet

Sensory ideas for physical feedback

Vestibular: Hyper-responsiveness (avoids motion, fears unstable surfaces etc)

Skipping

Prone activates with arms supporting the upper body at the shoulders and elbows

Slowly adding activities in the quadruped positioning

Adding a support for jumping, hopping, balance activities

Crawling

Walking

Sliding

Rolling

Being pulled on a blanket or sled (indoor works, too!)

Throwing bean bags at a target

Throwing/catching a ball

Movement obstacle courses

Wheelbarrow races

Vestibular: Hypo-responsiveness (craves movement, constantly fidgeting etc)

Therapy ball

Fidget tools

Cushion or partially deflated beach ball on the floor under feet at a desk or chair.

Tie therapy band (TheraBand) or a resistive cord around the legs of a student's chair for use as a foot fidget

Provide appropriate play-based opportunities for movement needs (sit and spin toy, see saw toy, rocking chair, trampoline)

Weave vestibular input throughout the day and prior to fine motor/visual motor activities

Ensure the feet touch the ground or have support when seated in a chair or on the toilet

Sensory ideas for physical feedback.

Proprioception: body awareness

Trampoline, running

Weighted blanket, vests, lap strap

Punch bag/pillow

Bat and ball- hitting against the wall

Football- kicking against the wall

Hand pushes

Head compressions

[Chair push ups](#)

Squeezing a stress ball

[Wall pushes](#)

Push ups

Lifting weights e.g. tins, books, dumbbells

Jogging on the spot

Running

Star jumps

Play dough

[Bouncing on therapy/exercise ball](#)

Oral:

Blowing bubbles

Blow football i.e. blowing cotton wool along a table to score goals

Drinking through a straw of bottle with a sports cap

[Chewing food or appropriate object e.g. chewy tube](#)

Playing a wind instrument

Blowing up a balloon

Drinking a thick liquid through a straw e.g. milkshake, yoghurt, custard