

The Regulator

Sensory System	Tools and Strategies	How it changes my energy...			How much I like it...		
		Soothing	Neutral	Alerting	Yuck	Okay	Awesome
Vestibular (movement/position in space)	<i>Jump up and down</i>						
	<i>Touch toes / stretch</i>						
	<i>Spin or dance</i>						
	<i>Sprint or run up stairs</i>						
	<i>Rock</i>						
	<i>Go for a walk</i>						
	<i>Flap hands</i>						
	<i>Swing</i>						
Proprioceptive (muscle and joint input; position/pressure... often considered the universal regulator - same input can increase or decrease arousal)	<i>Ask for tight hug from trusted person</i>						
	<i>Carry heavy items</i>						
	<i>Stomp feet</i>						
	<i>Use weighted blanket or hug vest</i>						
	<i>Play tug-of-war</i>						
	<i>Take deep breaths</i>						
	<i>Do chair push-ups</i>						
	<i>Squeeze putty, play doh, stress ball</i>						
	<i>Squeeze hands</i>						
	<i>Use a chewy</i>						
	<i>Suck on a straw or water bottle</i>						
Tactile (touch)	<i>Ask for a massage from trusted person</i>						
	<i>Stroke preferred fabric/surface</i>						
	<i>Tap fingers on table/desk/leg</i>						
	<i>Use koosh ball or textured fidget</i>						
	<i>Use texture bins</i>						
	<i>Hold stuffed animals</i>						
	<i>Shuffle deck of cards</i>						
	<i>Clap hands / give high five</i>						
	<i>Finger paint, color, or draw</i>						
	<i>Rub worry stone or smooth object</i>						

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Auditory (sound)	<i>Listen to music with steady beat</i>						
	<i>Listen to quick/improvised music</i>						
	<i>Sing favorite song</i>						
	<i>Listen to nature sounds (go outside)</i>						
	<i>Talk quietly to self</i>						
	<i>Play with whistles, kazoos or drums</i>						
	<i>Overear defenders / earplugs</i>						
	<i>Go to a quiet space</i>						
Visual (sight)	<i>Play with a kaleidoscope</i>						
	<i>Use fidget spinner</i>						
	<i>Watch bubbles, colors, lights</i>						
	<i>Use glitter calm-down jar</i>						
	<i>Look at clouds/stars/sky</i>						
	<i>Look away</i>						
	<i>Build with blocks/legos</i>						
	<i>Read book</i>						
Gustatory (taste)	<i>Eat a sweet food</i>						
	<i>Eat a salty food</i>						
	<i>Eat a sour food</i>						
	<i>Eat a spicy food</i>						
	<i>Chew gum</i>						
	<i>Drink preferred beverage</i>						
Olfactory (smell)	<i>Hide nose in shirt</i>						
	<i>Smell something citrus (lemon)</i>						
	<i>Smell grass or flowers</i>						
	<i>Smell minty scents</i>						
	<i>Smell preferred toys/objects/people</i>						

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	<i>Flap hands</i>						
	<i>Rock</i>						
Proprioceptive (muscle and joint input; position/pressure... often considered the universal regulator - same input can increase or decrease arousal)	<i>Ask for tight hug from trusted person</i>						
	<i>Stomp feet</i>						
	<i>Squeeze hands</i>						
	<i>Take deep breaths</i>						
Tactile (touch)	<i>Ask for a massage from trusted person</i>						
	<i>Clap hands / give high five</i>						

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Auditory (sound)	Take a break / go to quiet space						
	Sing favorite song						
Visual (sight)	Build with blocks/legos						
	Look away						
Gustatory (taste)	Eat food						
	Drink water						
Olfactory (smell)	Hide nose in shirt						
	Smell preferred toys/objects/people						