

# SENSORY COPING STRATEGIES

1. MOVE- GET UP AND RUN IN PLACE, JOG, DO JUMPING JACKS, OR HOP IN PLACE.
2. TALK- TALK ABOUT IT TO A FRIEND, TALK TO AN ADULT, OR TALK TO A TEACHER. TALK LOUD, WHISPER, JUST GET IT OUT!
3. SNUGGLE- GRAB A BIG COZY BLANKET AND PILE PILLOWS AROUND YOU TO BUILD A FORT OF COMFORT! THE PRESSURE FROM THE BLANKET AND PILLOWS PROVIDES PROPRIOCEPTIVE INPUT.
4. TAKE A BATH OR HOT SHOWER.
5. BLOW BUBBLES. THE ORAL SENSORY INPUT IS ORGANIZING.
6. DRAW WITH SIDEWALK CHALK. DRAWING CAN RELIEVE STRESS.
7. SENSORY WATER PLAY.
8. SCREAM INTO A PILLOW.
9. POUND PLAY DOUGH. TRY A HEAVY WORK DOUGH LIKE THIS DIY MARSHMALLOW PROPRIOCEPTION DOUGH.
10. TAKE A NAP.
11. EXERCISE.
12. LOOK AT THE CLOUDS AND FIND SHAPES.
13. DEEP BREATHING.
14. TAKE A WALK IN NATURE.
15. PLAY A GAME.
16. BUILD WITH LEGOS
17. LISTEN TO THE SOUNDS OF THE OCEAN. TRY THIS EASY COPING STRATEGY THAT ONLY USES YOUR HANDS.
18. COUNT BACKWARDS. TRY WALKING IN A CIRCLE WHILE COUNTING OR OTHER MOVEMENTS SUCH AS JUMPING, SKIPPING, OR HOPPING.
19. DRINK A COLD DRINK.
20. DRINK A SMOOTHIE.
21. SQUEEZE A STUFFED ANIMAL.
22. LISTEN TO MUSIC.
23. HUM A FAVORITE SONG.
24. BLOW OUT IMAGINARY CANDLES. TAKE A GIANT BREATH AND WHOOOOSH IT OUT!
25. CHEW GUM.
26. TAKE DEEP BREATHS.
27. TEAR PAPER.
28. SMASH AND JUMP ON ICE CUBES OUTDOORS. JUMPING ON ICE IS A GREAT ACTIVITY FOR INCORPORATING PROPRIOCEPTIVE SENSORY INPUT.
29. JOURNAL. THE IMPULSE CONTROL JOURNAL IS AN EXCELLENT TOOL.
30. GUIDED IMAGERY
31. THINK OF CONSEQUENCES.
32. STRETCH.
33. GO FOR A WALK.
34. WRITE A STORY AND THROW IT AWAY.
35. BLOW UP BALLOONS AND THEN POP THEM.
36. TAKE A TIME OUT.
37. DO ANIMAL WALKS ACROSS THE ROOM. HOW MANY CAN YOU THINK OF?
38. IMAGINE THE BEST DAY EVER.
39. SWING ON SWINGS. SWING AS HIGH AS YOU CAN GO!
40. NAME 5 POSITIVE THINGS ABOUT YOURSELF.